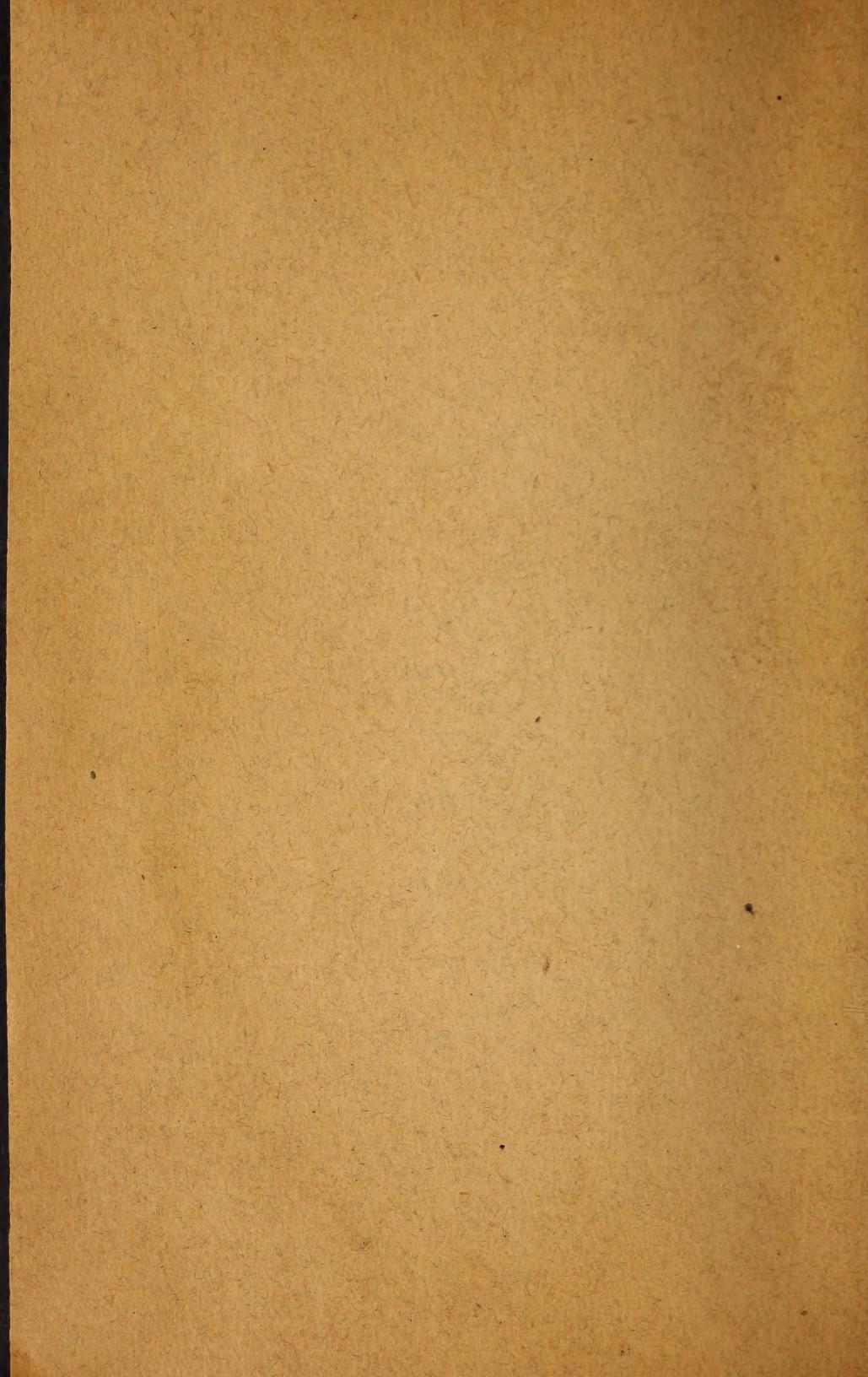


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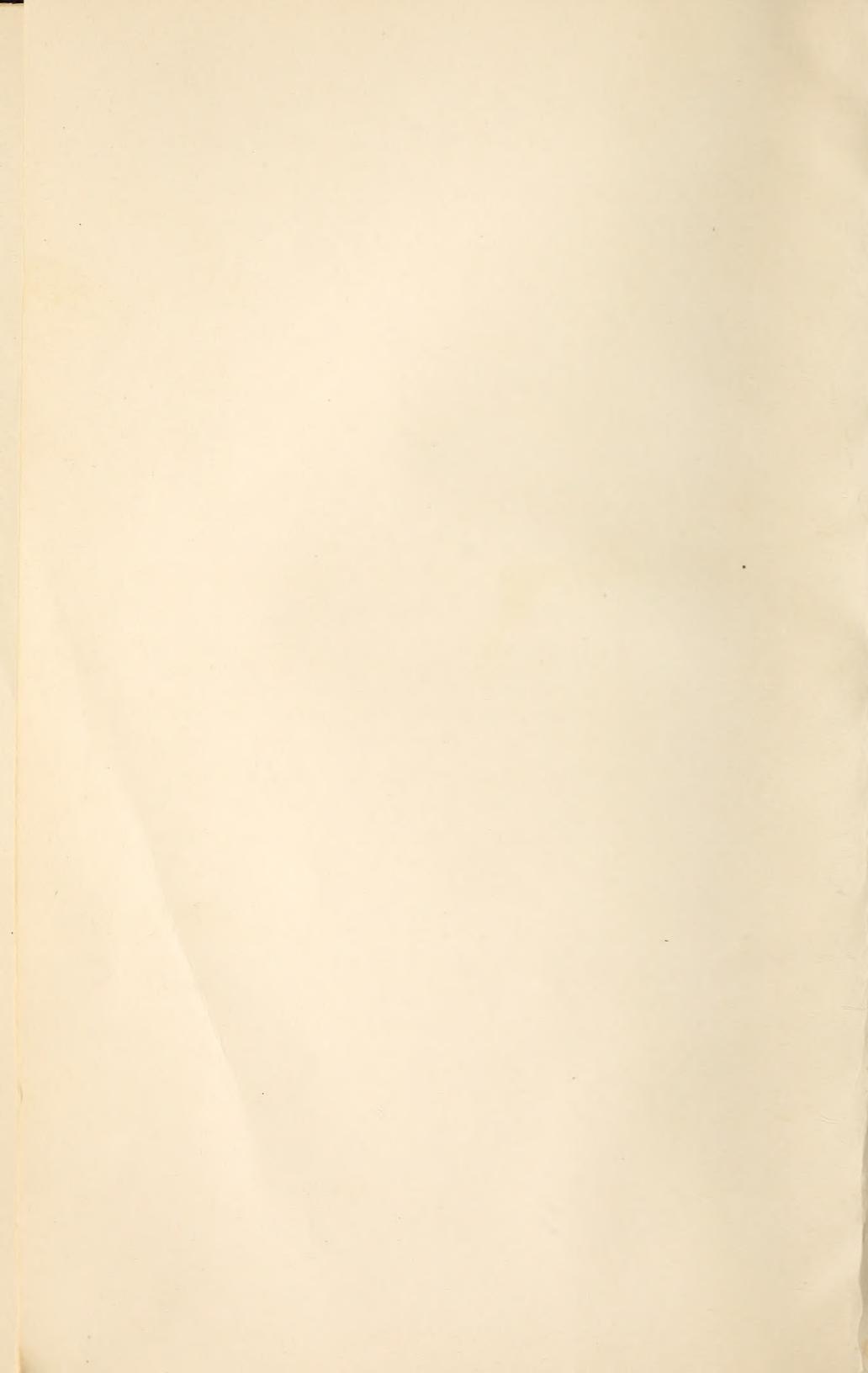












THE  
PEOPLE'S PHYSICIAN;

DESIGNED AS A

MANUAL OF MEDICINE,

EXPRESSLY

FOR THE USE OF FAMILIES AND INDIVIDUALS,

FREE FROM TECHNICAL PHRASES AND COMPLICATIONS USUAL IN MEDICAL WORKS.  
THE WHOLE SO SIMPLIFIED AND ARRANGED AS TO BE ADAPTED  
TO THE UNDERSTANDING OF ALL.

TO WHICH IS ADDED

A LIST OF SYNONYMS OF MANY COMMON MEDICAL PLANTS.

BY  
L. P. MEADER.



CINCINNATI:  
PUBLISHED BY THE AUTHOR.

1860.

Entered according to Act of Congress, in the year 1860, by  
L. P. MEADER,

In the Clerk's Office of the District Court for the Southern District of Ohio.

Stereotyped by Hills, O'Driscoll & Co.,  
141 Main St., Cincinnati.

Printed by P. C. Browne.

## P R E F A C E .

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IN offering to the public the present medical work, "THE PEOPLE'S PHYSICIAN," the author is fully sensible of the vast responsibility of the task assumed, and has, therefore, earnestly endeavored to make it thoroughly reliable, accurate, and comprehensive. All previous works on the same subjects, within the author's reach, have been consulted; and in order to have access to the best libraries, as well as to add the great desideratum of practical observation in the preparation of the work, much time and money have been expended, during sojourns in the principal cities, and in traveling through the United States and Territories, where every possible source of information has been made available, the various medicinal plants sought in their native localities, and carefully collated, that any previous defective description, either of appearance, properties, or use, might be corrected, and mistakes on these vital points, often fatal in their issue, thus avoided. The results of these labors are comprehended in the present volume. It has been the author's aim to furnish the information contained in it, divested of the technicalities and obscure phraseology in which, until very recently, such matters have been enshrouded from all but the initiated few. The language is so plain that all can understand it; a glossary being appended, with definitions of all words not in common use, which have been unavoidably introduced.

A list of the synonyms of a large number of common medical plants, has also been appended, which will be found of great service to the unscientific reader.

The work has been divided into two principal departments—the first embracing a description of plants, with their properties and uses; the latter a treatise on the diseases. The alphabetical arrangement of the former enables the reader to turn almost instantly to any desired remedy, and the explanations are so full and explicit, both as to properties and mode of administration, that error is nearly impossible.

The latter portion of the work is again divided under the two heads of general and local diseases, and embraces a description of the diseases, their causes, symptoms, and method of treatment. Great pains have been taken to compress all these particulars into a small space, and it is believed they will be found stated in a clear, full, and concise manner. Immediate reference may be made to any disease by means of the index at the close of the volume.

In the appendix will be found the description, etc., of several plants omitted in the first division of the volume, together with some diseases and their treatment, which should have gone in the second part. There will also be found a large number of very valuable practical recipes for the preparation of tinctures, ointments, washes, etc., between the division of the work relating to diseases and the appendix.

The illustrations distributed through the work have been prepared with great care, and will be found true representations of the originals. They will enable those previously unacquainted with the plants, to recognize them wherever they may be found; and the directions contained in the work, will furnish the proper mode of preparing them for use.

No expense has been spared to render the mechanical execution unexceptionable. The type is clear and distinct, the paper and binding fine and substantial—essential requisites to a book intended as this is, for daily reference and use.

If this work should prove of service in removing the ignorance which has heretofore generally prevailed among the mass of the people, on medical subjects, enabling them to understand their diseases, and apply the appropriate remedies, the author will feel fully compensated for the years of laborious research and toil, which have been consumed in its preparation.



## INTRODUCTION.

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LOOKING at man in his earthly position, it would seem that no knowledge should be so important, or should be of so much interest to him, as that relating to himself. So far as this world is concerned, he is the head of all things—the highest order of intelligence—the most complicated and beautiful in the mechanism of structure. All other animated beings, even the elements and powers of nature, are subservient to him, and possess importance only in so far as they concern him. He is the central radiating point of the terrene universe. If we imagine a being of some other and higher sphere of existence, in search of knowledge, looking upon this world of ours for the first time, what subject would we suppose most deeply to engross his thoughts? This enormous body of matter, whirling through space, with its innumerable diversities, taken as a whole and in its parts, would remind him first of the Omnipotent Creator. Examining philosophically into the details of the great cosmorama, he would contemplate the expanses of ocean and of land, the varieties of climate, the wonders of the animal, vegetable and mineral kingdoms; but upon man his chief attention would rest, as the key by which most easily to unlock the mysteries of nature in her minor forms; he would study his structure, his capabilities, his relations to all surrounding phenomena, his destiny; and, mastering this starting point

of inquiry, the remainder of the investigation would be easy. Yet man, the being whose whole existence is involved, has been to himself a sealed book, possessing no interest—the task of understanding him, and ministering to his physical, intellectual, moral, and religious wants, has been committed to few persons, as a thing with which the masses have nothing to do. This blindness to the most important interests has had its legitimate results. Selfishness is inherent in the human constitution, and even the best are liable to have their course swayed, sometimes involuntarily, by its dictates. The interest of the class having in charge man's physical nature, with its treatment when disease threatened to sweep him away, was seen to be in perpetuating its own power by preserving the general ignorance, and to this end, every thing relating to the profession was couched in language unfamiliar to the public ear, to understand which, years of application were necessary. It was made a great mystery, into which it was profanation for the vulgar to attempt to penetrate; and under this covering, impositions the most vile were, and still are, practiced upon the confiding dupes at large. An imaginary ailment is felt, and a physician called in, who sees that nothing is amiss, but who, after feeling the pulse, looking at the tongue, inquiring symptoms, etc., gravely writes out a Latin prescription for some innocent preparation, calls again and again to repeat the farce, and pocket the gain, until the *patient* imagines himself well. In some cases real illness is made to supersede the fancied, and the unfortunate victim goes down to his grave, or rises from his bed with a broken constitution and an impoverished purse. It is not asserted that the great body of medical men are guilty of such practices—the high minded and honorable, who wear out their own lives for the good of humanity, and

receive but an ill requital for their services, are many—but that such cases often occur can not be gainsayed. The pretentious charlatan is frequently employed to the exclusion of a competent adviser, because the total ignorance of the patient unfits him for distinguishing where the real knowledge lies.

But the mysterious veil which has heretofore shrouded the science and art of medicine from the public, is at length being rent away. The progress made in other branches of human knowledge, has at last reached this, which should have been the first influenced, and many now determinedly think and inquire, where before they were content to submit. This want of the age has been met. Books have been written which bring nearly all the branches of the science within reach of every ordinary capacity. Despite the opposition of the “profession” as a body—its sneers, its denunciations—the bands of medical lore have been broken, and its treasures scattered broadcast for all who will make use of them. The ridicule which attended the first attempts to popularize things that it was pretended were beyond the general comprehension, has almost ceased. Physiology and anatomy are being taught as common branches of education in many schools, while works on those subjects, together with pathology, surgery, *materia medica*, practice of medicine, etc., as adapted to home use, are read and beneficially employed in many families.

Truth and knowledge, among other things, have dispelled the delusion, that it is “indelicate” for women to become acquainted with the human frame, its organs and their uses. To her it is peculiarly necessary to be thoroughly informed on such subjects, because of the greater sensitiveness and complication of her own organization, and because to her is universally committed the care of the young, the awful

mortality among whom in civilized countries—and in our own no less than others—may in great measure be attributed to the incompetency of mothers and nurses. Ignorance of truth, when that truth embraces a knowledge of the most perfect of God's creations, and the means of preserving it in the state of beauty and health designed by Him, can never be a concomitant of true female refinement and delicacy. The prurient curiosity and false notions of which ignorance itself is the parent, are much more to be feared.

But the advance in medical science is not confined to its dissemination among the people. Reform in the profession itself, though reluctantly adopted, has nevertheless steadily progressed. In times gone by, minerals were the chief remedies for all diseases, and these were administered in such quantities as often left the patient, when the disease was conquered, a valetudinarian for life. They are now used more sparingly, and the substitution of vegetable for mineral remedies, is being gradually accomplished. This is in accordance with analogy, and the laws of nature. It is believed that in the vegetable kingdom, as an accessory to pure air, water, and a correct regimen, will eventually be found the cures for all diseases. Previous to the introduction of the white man's habits and complaints, the American Indian, who derived his medicines solely from this source, suffered but little from disease. It is well known that many animals, when suffering, turn instinctively to the plant which gives them relief. The ancients, too, who dealt but little, if at all, with minerals as medicines, and among whom disease was much less prevalent than with us, were acquainted with the medicinal virtues of many plants; and the destruction of the ancient libraries and records, by which literature and the sciences have been such severe

losers, has undoubtedly deprived the medical student of much valuable information. The investigation is now, however, being pursued in the right direction, and the many valuable discoveries and applications of medicinal plants, that have of late years been made (which will be found incorporated in this volume), lead to the hope that we shall soon have a complete vegetable *materia medica*, to which recourse can be had in all emergencies. In the meantime, such other remedies as experience has proved to be beneficial, have been retained, where no known vegetables would produce the desired effects.







ERYTHRONIUM AMERICANUM, (Adder-tongue.)

HE  
PEOPLE'S PHYSICIAN.

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MATERIA MEDICA.

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MATERIA MEDICA may be defined, 1.—Those substances, both natural and prepared, that are useful in the cure of disease. 2.—The science which treats of such substances.

In the following pages, the various articles of Materia Medica which will be found most useful to the people in domestic practice, are arranged alphabetically, with full descriptions of their properties, mode of preparation, medical uses, and the doses in which they are to be given.

The amount of medicine required by different persons to produce a given result, varies as the circumstances of the individual varies; and special directions in this important matter will be found on page 389.

It is hoped that this part of the book will be of sufficient interest to command the most attentive and repeated perusal.

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ADDER'S TONGUE.—(*Erythronium Americanum.*)

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(*Properties.*)—ANTI-SCROFULOUS, EMETIC, EMOLlient, SUPPURATIVE.

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[*Medical Uses.*]—This plant is likewise called *dog's-tooth violet*, *snow-drop*, *snake-leaf*, etc., the root of which has been successfully given in colic and epilepsy.

The fresh roots or leaves may be applied to scrofulous sores and scald-head, by way of poultice, which will speedily heal

them. The infusion, moreover, should be drank at the same time.

The dose for an emetic is thirty grains of the fresh, or forty of the dried root.

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### AGRIMONY.—(*Agrimonia Eupatoria.*)

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(*Properties.*)—ASTRINGENT, DEOESTRUCTIVE, TONIC.

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[*Medical Uses.cocklebur* or *stickwort*, the roots or leaves of which are prepared by way of infusion, and taken hot in fevers and bowel complaints, or diarrhea in children. The same is highly spoken of as a remedy in scurvy, jaundice, etc.

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### AMERICAN COLUMBO.—(*Frasera Carolinensis.*)

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(*Properties.*)—ANTISEPTIC, CATHARTIC, EMETIC, TONIC.

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[*Medical Uses.*

The fresh root is said to be emetic and cathartic.

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### AMERICAN SENNA.—(*Cassia Marylandica.*)

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[*Medical Uses.wild senna* or *locust-plant*, the leaves of which are very similar to



AGRIMONIA EUPATORIA, (Agrimony.)



those of the imported article, and used as a substitute, proves a mild purgative in doses one-third larger. We find it growing wild in nearly all the States.

*Dose.*—Infuse one half ounce of senna with one ounce of manna in a pint of hot water.

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### ALOES.—(*Socotrine.*)

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(*Properties.*)—ANTHELMINTIC, PURGATIVE, STOMACHIC.

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[*Medical Uses.*]—There are a variety of Aloes, all having nearly a similar mode of operation or effect. As a medicine, aloes is held in extensive use as a purgative, not reducing or weakening in its operation, like many other purgatives. It is of great utility in promoting the healthy action of the stomach—aids digestion—obviates redundancy of the bile—hepatic and splenetic disorders—chills and fevers;—possesses to some extent emmenagogue qualities, and is extolled as an anthelmintic for the ascarides or pin worms. The following preparation is among the best to be kept for family use:—Take of saffron, myrrh, and aloes, one ounce each, pulverize them; let the myrrh steep in half a-pint of brandy or New England rum four days, then add the saffron and aloes, permitting it to stand in the sun or a warm place, for two weeks, being particular to shake it twice a day: at the expiration of which time, pour it into any common sized bottle, fill with the spirits above mentioned, and at the end of three or four weeks it will be ready for use. This is a medicine well calculated for coughs, derangement of the digestive organs, and invaluable to be kept in families in all the States, particularly in sections of the Southern and Western States, where chills and fever much abound.

*Dose*, from one to three table-spoonsful on retiring at night.—*Dose*, simply of aloes, from five to thirty grains.

ANGELICA.—(*Archangelica atropurpurea.*)

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(Properties.)—ANTISPASMODIC, BALSAMIC, CARMINATIVE, DE-OBSTRUENT, SUDORIFIC, TONIC, EMMENAGOGUE.

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*Description.*—This plant rises from a perennial root, with a herbaceous stem, smooth, of a dark purple color, furnished with ternate leaves having large footstalks, and composed of ovate leaflets, pointed, deeply notched and cut in on the edges. It produces white flowers presenting a shade of green. This species of Angelica is supposed to possess similar qualities to the common garden Angelica. Its flowers appear in June and July, and the plant is found in meadows and wet woods.

[*Medical Uses.*]—A decoction of the root of Angelica is more effectual than a drink made of the leaves; and this tea, drank two or three spoonfuls at a time, relieves all pains and difficulties resulting from colds,—taken with some of the powder of the root, it removes pleurisy in its incipient stages, diseases of the chest and lungs, as coughs, asthma, shortness of breath, etc. A sirup made of the stalks produces a similar effect. It relieves colic, strangury, suppression of urine, removes visceral obstructions, voids the placenta or after-birth, disperses flatulent distension of the bowels, and promotes digestion. Let the decoction be taken and sweat produced before the approach of paroxysms of agues, and it will in two or three times taking entirely remove them. The expressed juice of Angelica obviates dysopsia or dimness of sight, deafness and toothache.

The pulverized root made into a plaster with some pitch is excellent for bites of mad dogs and other venomous bites.

Cloths saturated with the expressed juice or distilled water, or an application of the pulverized root, cleanses and heals deep, foul ulcers, speedily covering the naked bones with flesh.

The distilled water applied to parts affected with the gout and sciatic rheumatism imparts great alleviation.

AVENS.—(*Geum rivale.*)

---

(Properties.)—ASTRINGENT, STYPTIC, STOMACHIC, TONIC.

*Description.*.—Avens at first gives rise to a species of compound leaves, proceeding directly from the root, terminated with large leaflets, and having long, hairy footstalks. The stems are nearly two feet in height, upright, hairy, shaded with purple and set with leaves composed of three sharply notched, pointed divisions. Its flowers are of a purplish hue, drooping, disposed singly on terminal peduncles or flower stems, and composed of five leaves. It has a perennial, fibrous root, externally brownish and white within,—produces flowers in June and July, and is found in low, wet soils or marshy meadows.

[*Medical Uses.*.]—It is considered very useful for diseases of the chest, and for its peculiar virtues in removing crude and raw humors from the stomach. It disperses internal coagulated blood, and is excellent for spitting of blood and ruptures,—the roots either fresh or dry, being infused in wine for this purpose, or for external wounds as a lotion. The herb strengthens and warms the stomach, removes hepatic and splenetic obstructions, flatulent or wind colic,—promotes digestion, and is useful in fluxes. Steeped in wine, it furnishes a good beverage to re-invigorate the spirits and strengthen the brain.

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BALM.—(*Melissa officinalis.*)

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(Properties.)—AROMATIC, CEPHALIC, CORDIAL, DIAPHORETIC, PECTORAL, STOMACHIC, SUDORIFIC.

*Description.*.—Balm rises with a number of upright stems, square, branched, between one and two feet in height, bearing yellow flowers, set with leaves in pairs, broader at the base

and diminishing toward the termination, notched with a sawlike edge. This species of Balm is found among garden plants, and likewise in a wild state, producing flowers in July. Its stems perish annually, but its root is perennial.

[*Medical Uses.*.]—This plant strengthens nature much in all its functions. A sirup or tea, as persons may choose, is excellent in fainting or swooning, and re-invigorates the spirits exceedingly,—it clears the head—relieves weakness of the stomach, griping pains of the bowels, and aids digestion. This plant likewise furnishes a cooling beverage, much used in fevers, and should be given warm to promote perspiration and abate the fever. The leaves, combined with salt, may be used to remove wens, and glandular swellings of the throat.

A cupful of Balm tea with a tea-spoonful of pulverized saltpetre dissolved in the same, proves effectual in stoppage of urine. If attended with severe pain, let the patient take a tea-spoonful of paregoric after the lapse of half an hour.

A drink, made of the expressed juice of the fresh young herb, with eggs, sugar, rose-water, and a little wine, taken warm, will be found useful in fainting attending labor or parturition.

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#### BALM OF GILEAD.—(*Populus balsamifera.*)

---

(*Properties.*).—BALSAMIC, PECTORAL, STOMACHIC, TONIC.

---

[*Medical Uses.*.]—The buds of this tree, which abound with a balsamic gum, hold a high reputation in disorders of the chest and lungs—weakness, or general languor. The mode of use is to put them into a bottle of rum—the quantity of a handful; permitting them to infuse or steep. Dose, a table-spoonful three or four times a day. We use the same prepared into an ointment for bruises, scalds, burns, and tumors. It is one of the best balsamic or healing applications which can be obtained for recent cuts or wounds.



FRASERA CAROLINENSIS, (American Columbo.)





CHELONE GLABRA, (Balmony.)



BALMONY.—(*Chelone glabra.*)

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(Properties.)—ANTIBILIOUS, ALTERATIVE, LAXATIVE, TONIC.

*Description.*—Balmony rises with several upright stems with blunt corners, three or four feet in height, set with opposite, oblong leaves, having a sharp extended termination, of a very bitter taste, and of a blackish green. The flowers are white, or slightly variegated, appearing in a cluster, the coral distended or swelling out at the middle, consisting of only two lips or a mouth, at the end. This plant is often called snake's head, and produces flowers in October and November.

[*Medical Uses.*]—It promotes a healthy hepatic action—restores a lost appetite, obviates constipation and dyspepsia, and proves a valuable tonic to strengthen the system generally. It is useful in intermittent fevers, scrofula or king's evil, and all impurities of the blood.

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BARBERRY.—(*Berberis vulgaris.*)

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(Properties.)—ALTERATIVE, ASTRINGENT, REFRIGERANT, TONIC.

*Description.*—This bush or shrub has roundish pointed leaves, somewhat broader at the termination than at the base, remotely serrated or sharply notched on the edges, and with ribs indurated or hard. It produces acid berries, which are red when ripe, and very much used by way of an agreeable and refreshing preserve.

[*Medical Uses.*]—An infusion of the inner rind of the bark should be taken, a gill at a dose, each morning:—It is an excellent remedy to purify the blood and to remove all morbid, biliary humors from the system, which give rise to jaundice,

cutaneous affections, fevers, etc. It proves a very cooling beverage given in fevers, corrects the heat of the blood, and by its valuable, combined qualities remedies the bloody flux.

As an external application the bark is used to advantage in burns and scalds. The bark or root, moreover, is effectual for the pain, smarting, and bearing down of the uterus:—Make a tea and drink freely.

The berries procure a good appetite, and may be used for the above purposes.

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### BAYBERRY.—(*Myrica cerifera.*)

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(Properties.)—ALTERATIVE, ASTRINGENT, ERRHINE. STIMULANT.

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*Description.*—Bayberry, otherwise called wax-myrtle, has an erect, shrubby stem, with a full, densely branched top, well furnished with narrow, lustrous green lanceolate leaves.

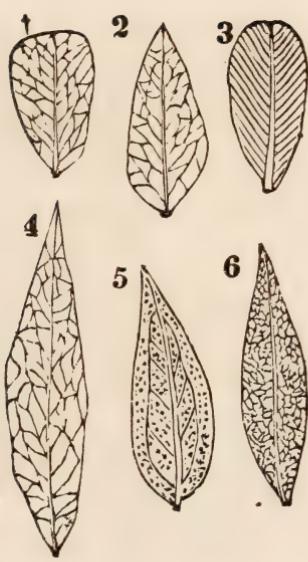
It blooms about May, and its flowers are succeeded by small berries enveloped with a greenish wax.

[*Medical Uses.*]—Bayberry root bark is excellent to purge the head in catarrhal complaints; and an infusion of the root may be employed with very great advantage, both internally and externally, in canker, scrofula, and other impurities of the blood.

Possessing naturally a binding quality, it is well calculated to arrest looseness or fluxes of the bowels, as diarrhea, dysentery, bloody flux: A gill of the warm infusion may be taken four times a day, an hour before eating and at bed time.

The decoction of the bruised bark of the root, employed as a wash, and the bark, also, in form of a poultice, is highly useful in scrofulous ulcers, or any chronic stubborn sores.

It is used with good success, moreover, in scarlet fever, and putrid ulcerous sore throat. In the two last cases mix bayberry tea, vinegar, and table salt—two table-spoonsful each;—and take a little every half hour. If this is timely



CASSIA (Senia.)





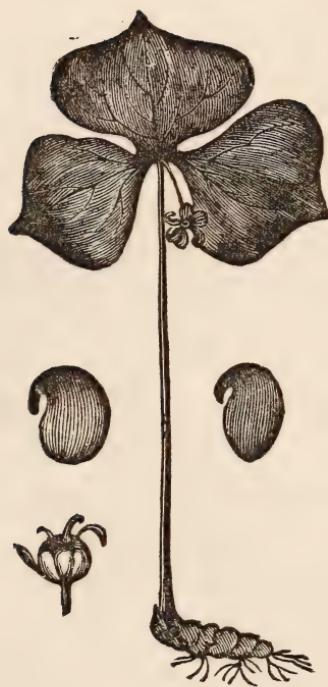
CASSIA MARYLANDICA, (American Senna.)





MYRICA CERIFERA, (Bayberry.)





TRILLIUM LATERIFOLIUM, (Birth-root.)



used, the diseases will usually yield in the onset. When attended with much fever, administer first a brisk cathartic—and keep the bowels gently open throughout the disease with small doses of rhubarb and nitre.

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### BETH ROOT.—(*Trillium erectum.*)

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(*Properties.*)—ALTERATIVE, ASTRINGENT, PECTORAL, TONIC.

[*Medical Uses.*]—This root is employed as an external application with very good success, in ulcers of a putrescent or gangrenous tendency, and may be employed internally in hemoptysis or spitting of blood,—in affections of the chest and lungs.

It is used with very good advantage in fluor albus and profuse menses—alvine discharges, and nephritic complaints accompanied with blood. Let an infusion of the root be made and drank plentifully.

There are several species of this family of plants, having nearly all the same properties.

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### BISTORT.—(*Polygonum bistorta.*)

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(*Properties.*)—ASTRINGENT, STYPTIC, SUDORIFIC.

*Description.*—The root of Bistort is employed in Europe and the United States for medicinal purposes, and may be obtained at the shops. This root is short, moderately thick, bent or folded together, fibrous, of a dark brown on the exterior, and reddish within.

[*Medical Uses.*]—The powder of this root has a powerful quality to resist poison—taken in drink it expels the virus of small pox, measles, purples, or other infectious diseases, determining the disease to the surface by exciting perspiration

—it is very useful in bites of serpents and rabid animals, being a singular remedy in such cases, employed by way of infusion in wine—the same may be given in cases of internal bleeding, hemorrhagic affections in their varied forms—in ruptures and injuries resulting from falls—in diabetes or excessive flow of urine—in diarrhea; and may be employed, likewise, as a preventive of abortion or miscarriage. The decoction of the root is useful as a lotion or wash for ulcers attended with profuse discharge, inflammation of the tonsils, cankers, etc. A tea, moreover, of this root and gentian is taken in intermittents or ague and fever.

*Dose.*—From a half to one tea-spoonful of the powder three times a day.

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#### BITTER-ROOT.—(*Apocynum androsaemifolium.*)

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(*Properties.*)—CATHARTIC, EMETIC, TONIC.

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[*Medical Uses.*]—This plant is sometimes called *honey-bloom*, *fly-trap*, *wandering milk-weed*, *bitter-dogsbane*, etc. It is intensely bitter, hence its name.

When administered in large doses at the commencement of a fever, it purges the bowels, and thereby will often throw off the disease.

It is of great utility in jaundice, intermittents, dyspepsia, liver complaints, etc. The dose is from eight or ten to fifteen grains. The powder of the root is also administered as an emetic, thirty grains producing about the same effect as a scruple of ipecacuanha.

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#### BITTER-SWEET.—(*Celastrus scandens.*)

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(*Properties.*)—ALTERATIVE, ANTIBILIOUS, DISCUTIENT, DIURETIC.

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*Description.*—This plant rises from a long, reddish yellow, creeping root, with a brown, viny stem, thick as a common



CELASTRUS SCANDENS, (Bitter-sweet.)





*APOCYNUM ANDROSÆMIFOLIUM*, (Bitter-root.



grape vine, supporting itself on rocks, trees, cliffs, or adjacent bodies. In some places which are congenial, it attains to a great hight. The leaves are broadest at the central part, somewhat small at the foot, with an extended, pointed termination, and denticulate or edged with small teeth.

Its flowers are usually of a greenish shade, and bloom the early part of June.

[*Medical Uses.*.]—This plant furnishes a valuable medicine in dropsical affections, scrofula or king's evil, indolent or indurated swellings, cankers and cancers,—hepatic or biliary disorders, and all impurities of the blood,—rheumatic disorders, bilious and intermittent fevers, general debilitated state of the system,—and is an eminent medicine to disperse inflammations. It is very cleansing, and has a direct and salutary action upon the most important organs, and thereby conduces to a good state of health. The berries possess an emollient, discutient property. The bark is principally used by way of decoction as an internal medicine—by taking a tea cupful some three or four times a day.

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#### BLACK ALDER.—(*Prinos verticillatus.*)

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(*Properties.*).—ALTERATIVE, ASTRINGENT, DEOBSTRUENT, TONIC, ALTHELMINTIC.

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[*Medical Uses.*.]—Black Alder furnishes a suitable wash for ulcers, and a very strengthening and purifying internal medicine; moreover, is well calculated for persons afflicted with a debilitated habit of body. It removes all obstructions and impurities of the blood, arrests bleeding at the lungs, etc.

Some combine the bark of the root with yellow dock, and sarsaparilla, and prepare it as a beverage. The decoction of the bark expels worms, and taken with honey is very useful in hoarseness or disorders of the chest.

BLACKBERRY.—(*Rubus occidentalis.*)

---

(Properties.)—ASTRINGENT, STYPTIC, TONIC.

[*Medical Uses.*]—A decoction of the buds, leaves, and branches while they are green, is very good in cases of quinsy, and putrid, ulcerous sore throat. The flowers are exceedingly astringent, and thereby very profitable to arrest the bloody flux, and hemoptysis or spitting of blood.

A decoction of the bark of the root is useful in gravel complaints.

The dried, ripe berries, made into a tea, is a remedy for the dysentery and piles; likewise a decoction of the bark is very effective in diarrhea and dysentery. A beverage made of the dried berries, used cold, is good in fevers. The powder of the bark of the root and of the leaves is a very serviceable application for cankers and ulcers attended with excessive discharge.

The fruit dried, or preserved, is of great use in families, and should be kept throughout the year.

The following recipe is invaluable for internal cankers, and all kinds of humors:—Take Blackberry root bark, gold thread, winter green or pipsissewa—of each one ounce—boil out the strength, strain and add to it one pound of honey; then boil it down to a sirup.

*Dose.*—A table spoonful three times a day an hour before eating.

---

BLACK COHOSH.—(*Macrorhizs racemosa.*)

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(Properties.)—ASTRINGENT, DIURETIC, EMMENAGOGUE, NERVINE, SUDORIFIC.

[*Medical Uses.*]—This plant is also called *rattle-weed*, *black-snake root*, *squaw-root*, etc., and is much used by the Indians to facilitate parturition or child-birth, hence its name.

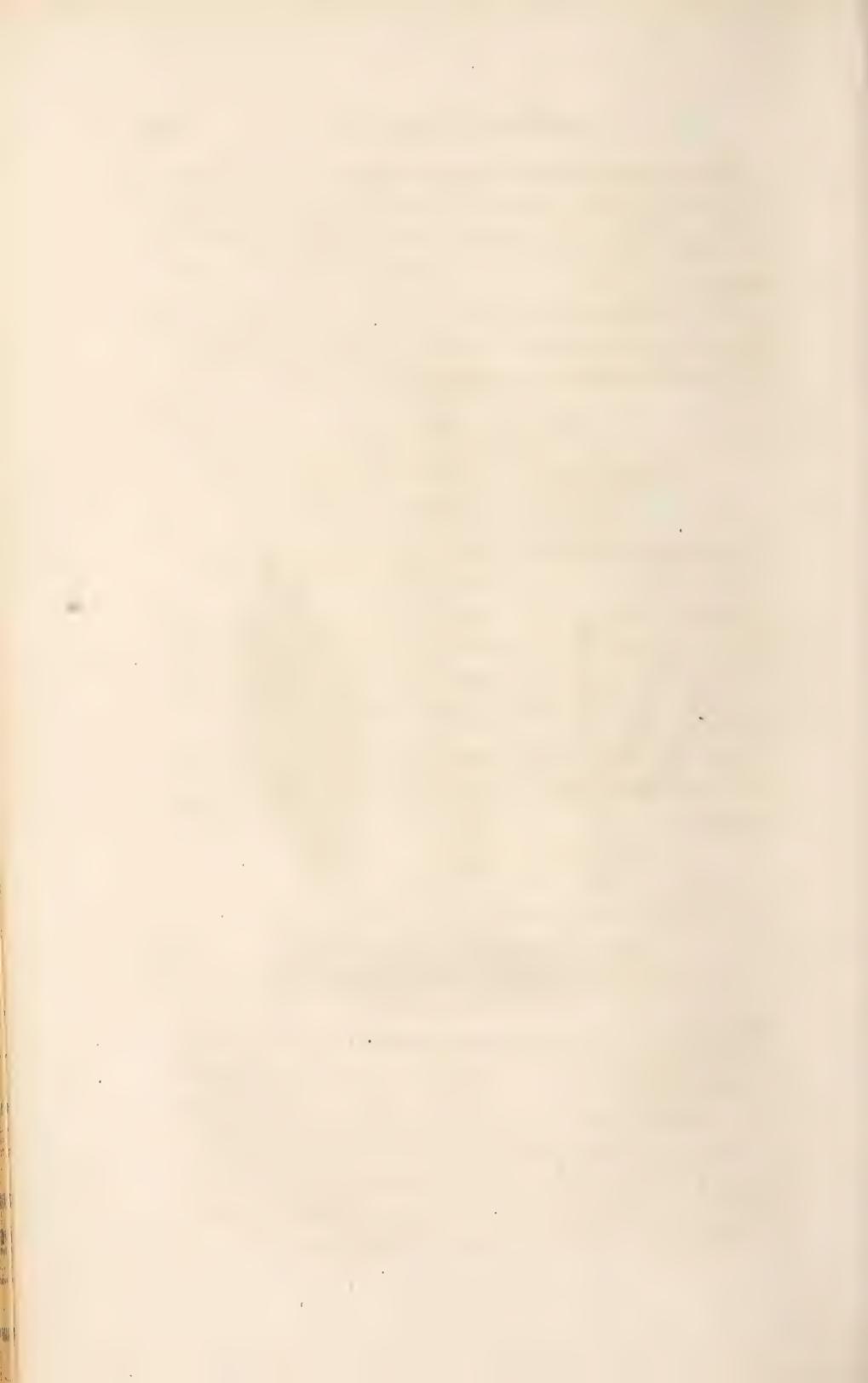


MACROTRYX [BOTROPHIS] RACEMOSA, (Black Cohosh.)





LEPTANDRIA VIRGINICA, (Black-root.)



The root is an excellent tonic, and sustains a high reputation as a remedy in the treatment of fever and ague, small-pox, coughs, consumptions, rheumatic disorders; and is likewise a powerful emmenagogue. It is used by way of decoction, tincture, or powder.

*Dose.*—Of the tincture a tea-spoonful three times a day. Of the powder a tea-spoonful three times a day, and of the decoction a wine glassful three times a day.

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### BLACK-ROOT.—(*Leptandria Virginica.*)

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(*Properties.*)—ANTISEPTIC, CATHARTIC, DIAPHORETIC, TONIC.

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[*Medical Uses.*]—This plant, otherwise called *Culver's physic*, *bowman-root*, *brinton-root*, etc., is esteemed as a mild and very efficient purge in pleurisy, typhoid and bilious fevers; is excellent in derangement of the stomach or bowels, and to purify the blood.

*Dose.*—A heaping tea-spoonful taken in a tea-cup half filled with boiling water, and repeated every two hours until it operates.

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### BLACK-SNAKE ROOT.—(*Cimicifuga racemosa.*)

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(*Properties.*)—ALTERATIVE, DEOBSTRUENT, NARCOTIC.

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*Description.*—This plant rises with a herbaceous stem, varying from three to five feet in height, set with large leaves, consisting of ternates or triple divisions, composed of oblong leaflets, broader near the base, cut in and toothed on the edges. It bears white flowers, arranged in a racemous form, which appear in June and July. The root is black on the exterior, containing rootlets and fibers. It grows in different parts of the United States, about woods and in fertile soils.

*Medical Uses.*—It has proved of great use in St. Vitus' dance, convulsions, chronic lameness, acute rheumatism, scrofulous diseases, dropsy, coughs, or affections of the lungs and chest. It is a well tested remedy in hysteria and nervous headache, and furnishes an excellent poultice or cataplasm for inflammations. An ounce and a half of the powdered root should be put into a bottle containing a quart of Holland gin. It is likewise used by way of sirup for affections of the chest and lungs.

*Dose.*—According to the strength of the patient, but usually a table spoonful four times a day.

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#### BLESSED THISTLE.—(*Centaurea benedicta.*)

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(*Properties.*)—DEOBSTRUENT, DIAPHORETIC, DIURETIC, FEBRIFUGE, TONIC.

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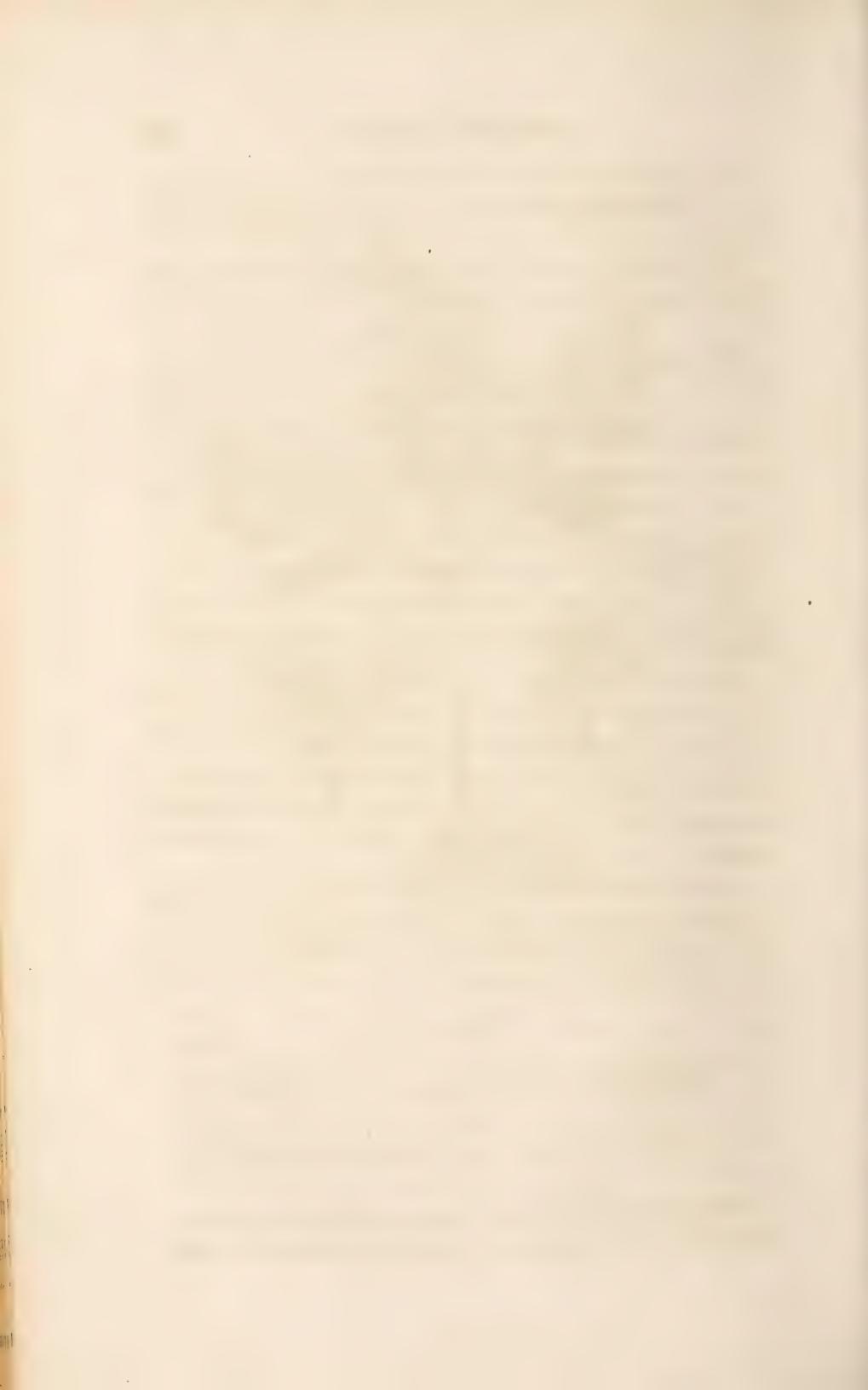
*Description.*—This plant, otherwise called *Carduus Benedictus*, gives rise to an annual herbaceous stem, some two feet in hight, branched near the sunmit, set with dentate leaves or formed in jags on the edges and armed with prickles, on the upper disk of a lucid green, and hoary beneath, elliptical in form, or smaller at the base and termination. It produces yellow flowers, which appear in June.

*Medical Uses.*—It is a valuable remedy in vertigo or dizziness, jaundice and biliary diseases—imparts new tone to the system, and clears the blood of impurities. The decoction of the leaves, the part chiefly used in medicine, drank persistingly, obviates excessive redness of the face, ring worms, or tetter, boils and malignant sores. It is useful in quartan agues, in all fevers, and hypochondriac affections. Likewise employed by way of drops cures deafness.

When taken in powder, the dose should be varied from one-fourth, to an even tea-spoonful, according to the age and constitution of the patient.



CAULOPHYLLUM THALICITROIDES, (Blue Cohosh.)



**BLOOD-ROOT.—(*Sanguinaria canadensis*.)**

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(*Properties.*) — ALTERATIVE, DIAPHORETIC, DEOBSTRUENT, EXPECTORANT, STIMULANT, TONIC.

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*Description.*—The popular name of this plant is pucoo, or red pucoo. It is a small, perennial plant, which we often see in the woods of the West and elsewhere, usually rising with one leaf and a single bare flower stalk from the root, surmounted by a single flower. The leaf is cleft at the base, broad, somewhat roundish, gashed into lobes, unequally indented, of a pale green on the upper surface, and of a sea green beneath. The root is brownish on the exterior, and red within, fibrous, and somewhat abruptly terminated. The flower is white, shaded with pink, expanded, appearing about the month of April.

*Medical Uses.*—This root when administered in large doses is purgative, and actively produces emesis or vomiting.

*Dose.*—Between twelve and twenty-four grains.

But given in moderate doses, it stimulates and imparts renewed circulation to the blood, restores impaired appetite, strengthens the stomach, and gives vigor to the digestive organs.

It proves a preventive of chills and fever, and is much used in cases of croup, sore throat, coughs, colds, and influenza—in pneumonia, and pleurisy fevers. The root of this plant is the only part used in medicine.

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**BLUE-COHOSH.—(*Caulophyllum thalictroides*.)**

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(*Properties.*) — ANTISPASMODIC, DIAPHORETIC, EMMENAGOGUE.

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*Medical Uses.*—This plant, otherwise called *squaw-root* or *blue-berry*, is very extensively used by the Indians to facili-

tate parturition, and for this purpose an infusion should be used as a drink, during the last month of pregnancy.

It is likewise esteemed very highly in colic, hysterics, cholera morbus, epilepsy, and other species of fits, rheumatism, etc. It may be used, moreover, in form of tincture or sirup. The dose of tincture is from five to ten grains.

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### BLUE FLAG.—(*Iris versicolor.*)

(*Properties.*)—DIURETIC, CATHARTIC, EMETIC.

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*Description.*—Blue Flag has a stem two feet in height, or more, roundish on one side and sharp on the other. The leaves invest the stem at their base, striated or streaked. The flowers are of a blue color, or presenting a purple hue—varying in color. The seed vessel is three-sided and has three divisions, containing a large number of flat seed. It is found in low, wet grounds, displaying its flowers in June. The root is perennial, thick, and fibrous.

*Medical Uses.*—The root holds a high reputation for expelling every species of humors, or mercurial taints from the system. It is very useful in fevers and dropsy.

*Dose.*—From one to two-thirds of a tea spoonful of the powder, three times a day.

For rheumatism, put two ounces of Blue Flag root into a pint and a half of Holland gin, and take a table spoonful three times a day, gradually increasing to a double dose.

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### BLUE LOBELIA.—(*Lobelia syphilitica.*)

(*Properties.*)—ANTISYPHILITIC, CATHARTIC, DIURETIC, EMETIC, SUDORIFIC.

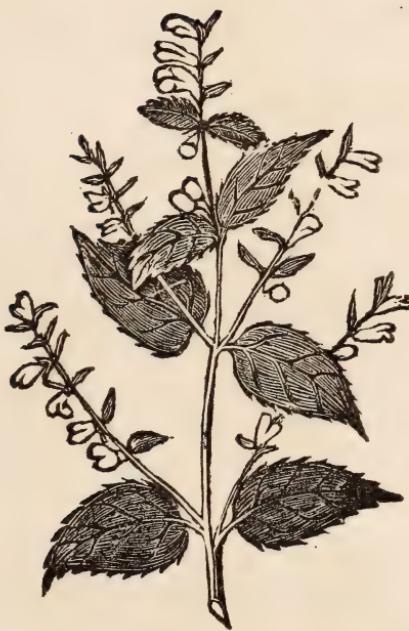
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*Medical Uses.*—This plant is also called *blue cardinal-flower*. The root of this species of lobelia, is the part used



LOBELIA SYPHILITICA, (Blue Lobelia.)





SCUTELLARIA LATERIFLORA, (Blue Skullcap.)



in medicine. It tastes like tobacco, is emetic, and a drastic purge.

It is generally found in the Western and Southern States. A decoction of the root has acquired much popularity as an antisyphilitic, from which it derived its name. It has, moreover, been highly extolled in the cure of dropsy, diarrhea, and dysentery.

*Dose.*—From half to a whole tea spoonful of the pulverized root, taken in water three or four times a day.

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### BLUE SCULLCAP.—(*Scutellaria lateriflora.*)

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(*Properties.*)—NERVINE, SUDORIFIC, TONIC.

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*Description.*—This plant rises with a square, upright stem, between one and a half and three feet in height, with lateral branches containing a few small leaves. Leaves broadest toward the base, sharply notched on the edges, and oppositely arranged. It has a stringy, yellowish root,—and is found about meadows and woods, producing flowers in the summer season.

*Medical Uses.*—Its property as a nervine is of high reputation, and it can be administered in all cases with perfect safety, by way of infusion or a tea.

Among other good qualities, it is eminently useful to prevent the ill effects of hydrophobia, in which it is said to have been successful in numerous cases.

It obviates neuralgic affections of the head and face, tremors, and all nervous difficulties—determines to the surface, or promotes perspiration, thus keeping the emunctories of the skin open and free in the performance of their healthy office. It imparts strength and tone to the system.

In cases of St. Vitus' dance, and chills and fever, the first step to be taken, is to cleanse the stomach and bowels by a brisk cathartic or purgative, which is very essential in effecting a cure, being followed by the use of the former medicine.

BONESET.—(*Eupatorium perfoliatum.*)

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(Properties.)—EMETIC, LAXATIVE, SUDORIFIC, TONIC.

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*Description.*—Boneset, sometimes called *thoroughwort*, starts up with round, upright, pubescent stems, rising frequently, three, four, and even five feet in height, spreading at the top into three parts. The leaves are opposite, broadest and united at the base, diminishing to a pointed termination, each couple above being transverse to the pair next below, serrated or notched on the edges, wrinkled, and of a hoary green. It produces white flowers at the top, disposed in a corymbous form, or rising on their peduncles in clusters to an even surface. It is found in low, wet, moist grounds, or by water courses, displaying its flowers during summer and autumn.

*Medical Uses.*—This is one of those plants which possess very eminent qualities.

A tea, taken warm, acts as an emetic—and employed as a cold beverage, acts as an excellent tonic in cases of dyspepsia, being slightly laxative; and is invaluable for indigestion of aged persons.

There is a plant in South America, the *Eupatorium Ayanana*, which possesses a strong sudorific quality, and is held in high estimation by the natives as an active repellent of the virus communicated from the bites of poisonous reptiles. They bruise the leaves, apply them to the wound, and give to the patient, at frequent intervals, doses of the expressed juice. Our plant, Boneset, is considered by eminent physicians to produce similar effects.

It effects the cure and is a preventive of intermittents or chills and fever. The patient should drink freely of the decoction or tea three times a day, in the interim, or before the approach of the paroxysms. It is used with good success in yellow fever, determining the virus of the disease to the surface by means of perspiration, thereby throwing it off.

Prepared in candy or sirup with sugar or molasses, it is ex-

cellent for coughs and colds, soreness of the lungs and chest. Moderate doses, taken very often, open the emunctories or pores of the skin, and impart a healthy perspiration.

Boneset, as has been observed, possesses rare merits, and requires only to be sufficiently known, to be justly appreciated.

Administered in an emetic, and purgative form, it cleanses the stomach of all morbific or biliary matter.

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### BORAGE.—(*Borago officinalis.*)

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(*Properties.*)—CARDIAC, DIAPHORETIC, PECTORAL, TONIC.

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*Description.*—Borage has leaves alternately arranged, broadest toward the lower extremity, and with a pointed termination. It is found in gardens, and frequently in neglected, uncultivated places, producing elegant blue flowers through the summer.

*Medical Uses.*—It furnishes a remarkable cordial, and strengthens nature exceedingly. The leaves and roots are used with great advantage in putrid, malignant, epidemic fevers, to protect the system against the attacks, and counteract the virus of such diseases. The leaves and flowers are peculiarly efficacious in the removal of melancholy or depression of spirits, in correcting the blood, and mitigating immoderate heat in fevers.

The flowers, prepared into a conserve, are chiefly used as a cordial for patients in protracted sickness, attended with weakness and general debility—to raise the spirits of the consumptive, and reinvigorate persons subject to fainting or swooning.

The distilled water is very good for redness or inflammation of the eyes. The ashes of the dried herb is said to be available, boiled with some water and honey, in inflammation and aphthous or cankerous affections of the mouth and throat.

The roots of Borage prepared with sugar or honey to a thick consistency, are effectual for coughs and catarrh on the chest.

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### BROOKLIME.—(*Veronica beccabunga.*)

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(*Properties.*)—ALTERATIVE, ANTISCORBUTIC, DISCUTIENT, DIURETIC, EMMENAGOGUE.

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*Description.*—Brooklime has a perennial, jointed, creeping root, stringy at each joint. The stem is of a reddish brown, round and sappy, set with thick, green, oval leaves, arranged in couplets or in pairs. From the midst of these rise racemous, lateral spikes of small, blue, pentapetalous flowers. It is a warm, pungent plant, found in ponds or watery places; producing flowers in June and July.

*Medical Uses.*—A combination of Brooklime, water-cresses, and other similar plants, should be used in diet drinks, to cleanse the blood of all offensive humors which tend to destroy the health or constitution.

It is very excellent for scurvy—promotes urinary secretions and obviates calculous formations—procures the menses—expels the dead fetus. This plant, moreover, being fried with butter and vinegar, as a warm application, is beneficial for tumors, swellings, or inflammations.

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### BRYONY.—(*Bryonia alba.*)

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(*Properties.*)—ANTISPASMODIC, CATHARTIC, CEPHALIC, DISCUTIENT, DIURETIC, EMMENAGOGUE, PECTORAL.

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*Medical Uses.*—Bryony acts as a powerful purgative in evacuating the bowels; being an extremely powerful medicine, it should be administered in a corrected form; when

corrected it is highly beneficial in disorders of the head, as catarrh, epilepsy, vertigo, etc.,—cramps, convulsions, palsied affections, tumefaction, enlargement and obstructions of the spleen.

A level tea spoonful of the powder taken in Holland gin procures the courses, expels the dead fetus, and may be used in dropsical and gravel complaints.

The root prepared into a thick consistency with honey, powerfully cleanses the chest of foul mucus or phlegm,—is remarkably efficacious in colds, influenza on the lungs and chest—in chronic, inveterate coughs, and asthmatic complaints. It is very good for persons having received internal bruises or injuries. The root, moreover, obviates gangrenous tendencies, and furnishes a serviceable application to maturate or promote the discharge of boils. For sores, cankers, ring-worms, or tetter, freckles and imperfections of the skin, the administration should be external.

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#### BURDOCK.—(*Arctum lappa.*)

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(*Properties.*) — ALTERATIVE, DIURETIC, FEBRIFUGE, SUDORIFIC, TONIC.

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*Description.*—It is very common, and may be easily distinguished by its large, heart-shaped, dark-green leaves, and round burs, which contain the seeds. It is found by ditch sides, or highways, among rubbish, and in waste, neglected grounds; producing flowers of a purple color in the months of July and August.

*Medical Uses.*—The leaves are cooling, cleansing, moderately drying, and discutient, therefore, they are effectual for chronic sores and ulcers. Burdock leaves, bruised, saturated in warm vinegar, and bound to the soles of the feet, are of excellent use in fevers. The same, bruised with the white of an egg and applied to burns, afford present relief and effect a cure. A decoction of the leaves employed as a wash in can-

kers and sores, stays their tendency to fret or corrode, which should afterward be dressed with an ointment composed of the same, hog's lard, nitre, and vinegar, boiled together.

A strong decoction of the root or seeds of Burdock, yellow dock root, pipsissewa or winter green, taken daily with a little wine, an hour before eating, for the space of two months, will cure the jaundice, dropsy, nephritic and rheumatic disorders, scrofula, and remove all impurities of the blood. The roots may be preserved in sugar and taken in diarrhea, consumptions, or disorders of the chest and lungs, and in other cases requiring internal medicine. A tea spoonful of the powdered root, taken with pine kernels, helps persons troubled with spitting of blood, or foul matter, blood-streaked expectoration.

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BUTTER CUP.—(*Ranunculus bulbosus.*)

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*Description.*—This plant gives rise to upright, herbaceous stems, each bearing a number of solitary, resplendent yellow flowers; in height from eight to fifteen inches, and set with ternate, sessile leaves, or leaves composed of three leaflets, which are lobed and notched, those near the top being less divided. The leaves growing from the root stand on long footstalks. Petals or leaves of the flowers, inversely heart-shaped, or broader at the top and smaller at the base. Calyx, five cleft, with lanceolate acuminate leaflets. The flowers usually appear in April, May and June.

*Medical Uses.*—This acrid, fiery plant is never suitable to be used internally, but is of great utility in drawing blisters, and may be applied to the nape of the neck to withdraw catarrhal inflammation of the eyes. An ointment should be made of the leaves and flowers to form the vesicant or blistering plaster. The herb bruised and mixed with a little mustard draws a blister, as well and as perfectly as cantharides, and without injury to the urinary organs, which cantharides, not unfrequently, tend to harm.

This plant has been applied to the locality of a malignant rising, considered past cure, and it saved life, even beyond hope.

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### BUTTERNUT, OR WHITE WALNUT.—(*Juglans cinerea.*)

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(*Properties.*)—ALTERATIVE, CATHARTIC.

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*Medical Uses.*—This is a well-known tree, abounding in various northern sections of the United States. The bark is peculiarly adapted to cases of constipation or costiveness; and used in diarrhea and dysentery whenever cathartic effect is required.

This medicine in its course of operation is accompanied with no inconvenience or weakening effects. It may be used by way of decoction or extract. Ten grains of the extract is a gentle laxative, and twenty-five grains a cathartic.

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### CARAWAY.—(*Carum carvi.*)

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(*Properties.*)—AROMATIC, CARMINATIVE, STOMACHIC.

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*Description.*—Caraway sends up an herbaceous stem, less in height than that of the carrot, branched at the top, set with finely cut bipinnate leaves, somewhat resembling those of the carrot, yet not so bushy, and bearing small, white, umbelliferous flowers. It yields seeds of a dark color, smaller than those of anise, of an aromatic odor, and a warm, pungent taste—having a white, taper root, esculent or eatable when young. The flowers usually appear in June and July.

*Medical Uses.*—Caraway seed is an excellent carminative and diuretic; the herb, likewise, shares the same qualities.

The roots are a healthy food for the stomach, promoting a wholesome digestion, and eaten like parsnips, remarkably strengthen the stomachs of aged persons.

The herb bruised and boiled, simply, or together with the seeds, and applied hot between a double cloth to the lower part of the bowels, relieves wind colic. The seed is conducive to remove cold affections of the head and stomach.

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CARROT.—WILD.—(*Daucus carota.*)

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(*Properties.*)—DIURETIC, DEOBSTRUENT.

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*Description.*—The Wild Carrot presents a concave, umbelliferous inflorescence, having large umbels of small, white flowers at the top of the stem, which is usually between two and three feet in height. The leaves at the bottom are large, and like those above, finely cut or composed of linear, pointed leaflets. It has a long, taper root, produces flowers and seeds the last of summer.

*Medical Uses.*—The leaves or seeds, used by way of infusion, remove pains and stitches in the side—are useful in dropsy, colic, inflations of the abdomen, and gravel complaints. An external application of the leaves combined with honey, cleanses and heals exuding ulcers, or those attended with excessive discharge. The grated carrot is employed in form of a poultice for cancers, after having been boiled to a soft consistency.

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CATNIP.—(*Nepeta cataria.*)

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(*Properties.*)—ANTISPASMODIC, CARMINATIVE, STOMACHIC, NERVINE, SUDORIFIC, TONIC.

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*Description.*—This plant, otherwise called *catmint*, is a well-known garden herb, having a square stalk, two or three



NEPETA CATARIA, (Cat-mint.)





CAPSICUM ANNUUM, (Cayenne Pepper.)



feet in height, branched, set with two leaves at each joint, broadest toward the base, and diminishing to a point; notched or nicked on the edges, green on the upper, and somewhat hoary on the inferior disk or surface. It produces light purple flowers, formed in tufts, which appear in July or near that time.

*Medical Uses.*—The merits of this very common herb are not adequately known and appreciated. It is used with remarkable success, by way of infusion, for influenza, cold in the head, or on the chest and lungs; coughs and shortness of breath, flatulency, vertigo or dizziness; weakness of the stomach and internal injuries; cramps and rheumatic disorders.

As a beverage it strengthens the nervous system exceedingly; and taken by the patient in bed is highly useful in fevers, throwing off the heat by determining to the surface or inducing perspiration, and often prevents a threatened fever. It is likewise useful in diarrhea, and for children in time of teething. An application of the leaves is of very great benefit for bruises and swellings; or, an ointment made of the same, is employed with advantage for the piles. The mode of use should be warm for all the above purposes.

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CAYENNE PEPPER.—(*Capsicum annuum.*)

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(*Properties.*)—RUEBEFACIENT, STIMULANT, TONIC.

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*Medical Uses.*—There are many varieties of *capsicum*, which are known under the name of *cayenne pepper*. It is estimated that there are cultivated in Europe, and in the United States, from fifteen to twenty-five different varieties. When Cayenne Pepper is used to excess, it debilitates the digestive organs. In the practice of medicine, it is a powerful and useful stimulant; and is very advantageously given in

paralysis, choleras, violent hemorrhages, severe cases of dysentery, and in cases of low fevers. It is likewise very serviceable in dyspepsia or weak digestion, and as a gargle in the putrid sore throat of scarlet fever.

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### CELANDINE.—(*Chelidonium majus.*)

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(*Properties.*)—APERIENT, DEOBSTRUENT, DIAPHORETIC, DIURETIC, HEPATIC.

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*Description.*—Celandine frequently rises with stalks not far from two feet in height, though sometimes less, bearing bright yellow flowers, and furnished with pinnate leaves of a dark glaucous green color on the upper surface, and of a light hue beneath. The flowers usually appear through the summer. It is found by old walls, or in waste places.

*Medical Uses.*—This plant possesses valuable merit in affections of the eyes; and some of the most desperate cases have been cured by an oil or ointment prepared from the herb. The expressed juice has been successfully employed as an eye-water, in opacity of the cornea, or films intercepting the sight. A decoction of Celandine and a few anise seed, removes hepatic obstructions and jaundice,—is effectual when persistingly used, in dropsy and scrofulous sores. The expressed juice frequently applied to cankers, warts, ring-worms or tetter, speedily effects their cure; and combined with sulphur, as an external application, clears the skin of all discolorings.

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### CENTAURY.—(*Chironia angularis.*)

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(*Properties.*)—ASTRINGENT, STOMACHIC, TONIC.

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*Description.*—This fine, small plant rises with a stem a foot or more in height, spreading above into many shoots—

the flowers thus stand at the top in one umbel, or corymb, of a pale red, tending to carnation color. These are followed by small, short pericarps or seed-vessels, containing seeds. The leaves are small, opposite, ovate, with a pointed termination, and somewhat amplexicaul, or partially embracing the stem at their base. The root is small and hard. It is found in pastures, fields, and woods, producing flowers in July and August.

*Medical Uses.*—This plant, in all its parts, among other qualities, possesses a very bitter taste, and is well calculated as a preventive of intermittents, or what is commonly called “fever and ague,”—is beneficial in jaundice or biliary diseases, and expels worms. An external application, formed of the bruised herb, is of excellent service in recent cuts or wounds, and proves curative, moreover, in ulcers and sores of long standing, even though they have become fistulous or hollow. The decoction of the plant, employed as a lotion or wash, obviates freckles and blemishes of the skin, cures tinea capitis or scald head, and other herpetic disorders.

Boiling water should be poured upon the herb,—when cold, add a little wine. This furnishes an excellent tonic for the stomach—or put some of the herb in a covered glass of cold water, permitting it to stand in the sun twenty-four hours,—this medicine is curative for canker, and impurities of the blood.

*Dose.*—A table spoonful four times a day. If preferred, the dose may be taken in powder, from one to two-thirds of a tea spoonful.

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CHAMOMILE.—(*Anthemis nobilis.*)

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(*Properties.*)—ANTISPASMODIC, DISCUTIENT, FEBRIFUGE, SUDORIFIC, TONIC.

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*Description.*—Chamomile has round, bending, slender stems, a foot or more in length, furnished with bipinnate or

much divided leaves. It produces compound, radiated, white flowers, with a yellow center, solitary or separately arranged. The roots are perennial, and extend or spread. It is cultivated in flower gardens, appearing in flower in the months of July and August.

*Medical Uses.*—A decoction or drink of Chamomile, removes pains and stiches in the sides; taken warm with the addition of some spirits—promotes perspiration, expels colds, mitigates aches and pains, and procures the menses—is useful in cases of languor or debility, in diarrhea or dysentery, and for children in time of teething.

A sirup of Chamomile, combined with white wine, is a remedy for dropsy, swelling of the bowels, jaundice or biliary complaints. The flowers, beaten and made into pills, with oil of Chamomile, remove all kinds of intermittents or agues, if the patient, at the same time, be rubbed with the oil, retire to bed and sweat freely. There is no application more profitable than this for the region of the liver, spleen, or overstrained sides. The oil, moreover, is valuable in hard swellings, perishing or contracted limbs, cramps or pains in the joints.

The flowers are the part used in medicine, and are used, in lieu of quinine, as a curative medicine, in intermittent and nervous fevers.



#### CHICK-WEED.—*Cerastium vulgatum.*)



(*Properties.*)—DISCUTIENT, EMMOLlient, REFRIGERANT.

*Description.*—The common Chick-weed, with white flowers, affords a remarkable instance of the sleep of plants, for at night the leaves approach in pairs, and inclose the tender rudiments of the young shoots.—*Encyc., Wiseman.*

The stems, with protuberant nodes or joints, are set with opposite, undivided leaves. It is found usually in moist, waste grounds, producing flowers about June.

*Medical Uses.*—The leaves are nutritive or nourishing, and are considered a superior aliment for patients of a cachectic habit of body—moreover, applied frequently by way of a warm poultice, they relieve the toothache, and are of service in swollen breasts. The herb, bruised, and repeatedly bound fresh to the region of the liver, abates inflammation of that organ. The juice may be employed in the piles, cutaneous affections, redness and inflammation of the eyes, and in cases of irritative or virulent ulcers in any part of the body.

A poultice, formed of the leaves, boiled with marsh-mallows and linseed, applied to abscesses or tumors, ripens and breaks them,—subdues the swelling and pain.

A liniment, formed after the following manner, possesses remarkable efficacy in relaxing contracted muscles and relieving perishing limbs:—Boil Chick-weed, and dried red rose leaves, a handful of each, in a quart of vinegar, until a fourth part is evaporated,—then add a pint of oil of sheeps' feet, boil well, strain, and rub it on briskly to the part affected, warming by the fire—immediately after, bind on the leaves with the liniment. It will afford relief after a few applications.

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### CINQUEFOIL.—(*Potentilla reptans.*)

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(*Properties.*)—ASTRINGENT, DISCUTIENT, FÉBRIFUGE, REFRIERANT.

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*Description.*—Cinquefoil, often called *five-fingered grass*, is a creeping plant, spreading with long, slender runners, after the manner of the strawberry, having slender, bending stems, leaves serrated or notched on the edges, and usually set by fives on a common petiole. It produces yellow flowers, which appear during the summer months. The root is of a dark brown color, less in diameter than ones little finger, yet long and somewhat fibrous. It is found in the borders of fields and woods, or by pathways in pastures.

*Medical Uses.*—The powder, taken from one half to a tea-spoonful at a dose, or the decoction of the root, seldom fails to effect the cure of intermittent fevers or agues. It is useful in other fevers, night sweats, general debility, and inflammations—cools and regulates the blood, or corrects the acrimony of the humors,—is likewise used by way of gargle in sore mouths, or as a lotion in cankers, ulcers, or fistulas, and corrupt sores attended with profuse discharge.

About a gill of the expressed juice taken daily, for several days in succession, cures the quinsy and jaundice—and taken for six weeks cures epilepsy or fits.

A beverage of the roots, boiled in milk, is one of the most effectual remedies in diarrhea, dysentery, bloody flux, fluor albus, inordinate menses, and other preternatural discharges. The juice or decoction, with some honey, relieves hoarseness and coughs. The roots boiled in vinegar, and employed as an external application, allays scirrhouss swellings in any part of the flesh, inflammations, erysipelas or St. Anthony's fire, abscesses, painful sores accompanied with heat, or of a putrescent tendency, herpes zoster or shingles, itch, etc. An infusion of the same in wine, used both internally and externally, obviates rheumatic disorders, and alleviates pains of the bowels.

The roots should be combined with others adapted to the purpose, and employed both internally and externally for ruptures, contusions, wounds or injuries resulting from falls. A strong decoction of the roots and leaves is considered to be a very good wash for palsied hands, being often used, and permitted to be absorbed or dried into the skin.

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#### CLARY.—(*Salvia sclarea.*)

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(Properties.)—DISCUTIENT, ERRHINE, STIMULANT, STOMACHIC.

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*Description.*—Clary has square stems, and wrinkled, hoary, pubescent, green leaves, arranged in pairs. The flowers are



GALIUM APARINE [ASPERULA.] (Cleavers.)



of a whitish blue, disposed at stated spaces in axillary cymes, after the manner of sage:—after these follow brownish, and somewhat flat seeds. The root is annual, blackish, and slightly spreading. It is found in gardens, producing flowers in June and July, the seeds maturing in August.

*Medical Uses.*—The mucilage of the seeds, prepared in water, as an external application, disperses tumors or swellings. The leaves, applied with vinegar, alleviates the pain, and abates the inflammation of boils and felonies. The powder of the root, used as a cephalic snuff, removes catarrhal affections of the head. An infusion of the seeds, or leaves in wine, obviates weakness of the back, or kidneys, warms and strengthens the stomach, aids digestion, and abates inflammation of the throat. The distilled water is said to possess valuable merits for red, inflamed, weeping or watery eyes, and it is said, moreover, that one of the seeds of Clary, put into the eye and being permitted to remain until it shall have dropped out of itself, will remove motes, extraneous matter or humors, and even specks on the cornea, or films obstructing the sight, when the process is persistingly repeated. At all events, it is a perfectly safe and easy remedy.

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#### CLEAVERS OR GOOSE GRASS.—(*Galium aparine.*)

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(*Properties.*)—ASTRINGENT, ANTISCORBUTIC, DISCUTIENT, DIURETIC, DEOBSTRUENT.

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*Description.*—This plant has a slender, square, herbaceous stem, procumbent, or not rising much unless supported, set with leaves at the joints in a verticillate manner, somewhat in a star-like form, and producing minute white flowers on thready footstalks. The pericarp or seed vessel is two celled, containing two seeds, which, as well as the stems and leaves, cleaves to any thing coming in contact. The root is small, fibrous, and spreading. It is found by ditch sides, hedge sides, and at times is very annoying in some gardens. Its time of

flowering is in June or July, and the seeds mature in August, by which it is propagated, and not by its roots.

*Medical Uses.*—The distilled water, or an infusion of this plant, taken twice a day before eating, is excellent in jaundice, diarrhea and dysentery. The juice, bruised leaves, or powders, are effective in chronic ulcers, arrests the bleeding of wounds, and facilitates their cure. An ointment prepared from the leaves, with hog's lard, is unsurpassed in glandular swellings or scrofula of the throat.

Cleavers is highly valuable in congestion of the spleen, in nephritic, or gravel complaints, and scorbutic maladies—it strengthens the liver and purifies the blood.

The plant should be put in a tight or covered vessel of cold water or spirits, being placed aside for use, and never prepared by fire.

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### CLOVE, CARNATION PINK.—(*Dianthus caryophyllus.*)

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(*Properties.*)—CARDIAC, CEPHALIC, TONIC.

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*Description.*—It has smooth, branched, upright, jointed, slender stems, of a sea-green color, one foot or more in height, and furnished at the joints with short, narrow leaves of the same color, arranged in couplets. The flowers are single, or placed separately at the termination of the branches, of a light red color, with laciniate or fringe-like margins. This fragrant plant, so pleasing to the eye and so grateful to the smell, is extensive in our flower gardens.

*Medical Uses.*—The flowers of the Carnation Pink are very strengthening in infirmities of the brain and heart—and may be employed in the form of cordials and cephalic medicines, as occasion requires. A syrup or conserve made of these flowers tends much to assist or support nature, in cases of consumptions. It is likewise excellent in burning, malignant fevers.

CLOVER OR HONEY SUCKLE.—(*Trifolium pratense.*)

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(Properties.)—ANTISPASMODIC, DISCUTIENT, PECTORAL.

*Medical Uses.*—The leaves and heads employed by way of infusion relieve pains of the bowels, and formed into a poultice abate inflammations. It is said the expressed juice is useful when applied to films of the eyes,—that it subdues the heat, redness, or inflammation of the same. Clover boiled in hog's lard and made into an ointment, is of service for stings, bites, and wounds. A poultice formed of the decoction of the seeds and flowers, with some oil, may be used for swellings and abscesses.

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COLIC ROOT.—(*Liatris spicata.*)

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(Properties.)—ANODYNE, CARMINATIVE, DIURETIC, STIMULANT, SUDORIFIC.

*Medical Uses.*—Colic root, otherwise called *button snake-root*, *devil's bit*, etc., is a plant which we often find in the prairies of the Western States. When taken in warm decoction, it is very warming to the stomach, and particularly serviceable in flatulency, colic, dropsy, back-ache, etc.

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COLT'S-FOOT.—(*Tussilago farfara.*)

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(Properties.)—DEMULCENT, EXPECTORANT, FEBRIFUGE, PECTORAL.

*Description.*—The leaves of this plant are of a roundish form, cleft at the base, obtusely terminating, resembling a heart, sometimes slightly indented, and of a lucid green

on the upper, and whitish on the under surface—standing on footstalks which proceed directly from the root. The stems are creased, pubescent or downy, having a number of small, rough leaves, closely clasping the caulis or stem, each of which is terminated by a compound, yellow flower, appearing early in the spring, and not unfrequently prior to the rise of the roundish, heart-shaped leaves, from the root:—this is small, white, and widely spreading. Colt's-foot is found, usually, in wet or moist grounds.

*Medical Uses.*—A sirup prepared from an infusion of the leaves, is very valuable in dry coughs, influenza, dyspncea or asthma, and other pulmonary complaints. The dried leaves, used in the form of tobacco, are much better, in bronchitis and catarrh, on the chest. The distilled water of Colt's-foot, simply, or together with elder flowers, is a superior remedy in ague and fever, where heat predominates, administered half a gill at a dose, applying cloths, in the meantime, saturated in some, to the head and stomach. The same is useful in St. Anthony's fire, burns or scalds, piles, and in any swellings characterized by heat or inflammation.

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#### COLUMBO.—(*Cocculus palmatus.*)

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(*Properties.*)—ANTISPEPTIC, TONIC.

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*Medical Uses.*—As a tonic, unaccompanied with astringency, and possessing little stimulus, it has been recommended in phthisis and hectic fever, to allay irritability and strengthen the digestive organs, and also to allay the nausea and vomiting which accompany pregnancy.

This root may be procured at the drug stores. It is administered in powder, from twelve grains to a third of a tea spoonful, every three or five hours. It obviates weakness at the stomach, cholera morbus,—and is much used in dyspeptic and consumptive complaints,—or in a languid and prostrated

state of the system—in diarrhea, dysentery, and chronic disorders—being a valuable tonic.

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### COMFREY.—(*Symphytum officinale*.)

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(*Properties.*)—BALSAMIC, DEMULCENT, EXPECTORANT, PECTORAL.

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*Description.*—Comfrey chiefly delights in moist or humid grounds, is usually cultivated in gardens, and sends up at first large, hairy, green leaves, having a sharp, extended termination; among these rises an angular stalk, branched, and hairy like the leaves, two feet or more in height, furnished with alternate leaves, gradually diminishing in size as they approximate the summit. The flowers are formed in spikes, somewhat long and hollow, bearing some resemblance to the finger of a glove,—of a very pale straw color. It has a large, perennial, mucilaginous root, extending stout shoots into the ground, whose virtues are similar to those of the *mallow*. The time of flowering is generally in July.

*Medical Uses.*—A sirup or conserve of the fresh roots of Comfrey is very excellent for internal weakness or injuries, spitting of blood, bloody urine, alvine discharges of blood or humors, for ulcers of the lungs, conduced to the easy expectoration of the humors and phlegm oppressing them—for catarrhal defluxions from the head to the lungs, coughs, consumptions, and fits of agues. An application of the bruised roots, by way of a poultice, is highly valuable for sore breasts proceeding from lacteal redundancy—for recent wounds, swellings, or bruises, ruptures or broken bones, serving to consolidate or unite and heal the parts affected. The same may be used to advantage to allay the heat or inflammation, and repress the bleeding of the piles. It is very profitable, moreover, in ulcers attended with profuse discharge, or of a gangrenous tendency.

CRANBERRY.—(*Oxycoccus macrocarpus.*)

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(Properties.)—ACID, ASTRINGENT, REFRIGERANT.

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*Medical Uses.*—The Cranberry is very extensively used as a sauce of excellent flavor, and is produced on a delicate, drooping stem, growing in boggy, swampy, or wet, peat grounds. Though these berries have long served as a table sauce, nevertheless, for medical purposes, very few things have proved of greater utility; and it is somewhat surprising, that the medical virtues of an article so much used by families, should not have been disclosed until within a few years—the rare properties of which were, however, primarily discovered by the Indians, and the medicine has been adopted as a remedy, attended with great success, in cancers, erysipelas, and inflammations, used by way of a topical application. For cancers they are mashed in form of a poultice, in their fresh, crude, or raw state, and when very frequently renewed, will effect a cure in a brief space of time. Under its peculiar, cooling, and drawing tendency, some soreness may succeed, nevertheless, healthy granulations appear as the virus is gradually subdued. With respect to erysipelas, a writer states, in the *N. Y. Tribune*, this malignant disease is prevailing as an epidemic, and often proves fatal—and observes, that he was at first taken with headache and fever; on the second day his nose became red and painful; on the day following it had swollen, and the doctor pronounced it the erysipelas. The cranberry plaster was applied, cutting a breathing hole through the thick cloth, but not until the face was dreadfully swollen, had cracked open, and was oozing out the fetid matter—the plaster was kept on all night, greatly to the relief of the acute pain; and in the morning, when it was removed, the disease was conquered, the rapid progress to the region of the brain had been arrested, and in all probability this saved life. It is observed, in the *New Haven Palladium*, that a complete cure of erysipelas was effected by the simple application of raw

cranberries, pounded fine. The patient was a young lady, one side of whose face had become so much swollen and inflamed, that the eye had become closed and the pain excessive. A poultice of cranberries was applied, and after several changes, the pain ceased, the inflammation subsided, and in the course of a couple of days, every vestige of the disease had disappeared. The case occurred in the family of one of the editors of the *Palladium*, and we can therefore vouch for the truth. It is stated, moreover, in the *Providence Journal*, that, in ninety-nine cases out of a hundred, cranberries, applied as a poultice, will effectually cure the erysipelas. There is not an instance known where it has failed to effect a cure, before the sufferer was in a dying state. Two or three applications generally effect a change.

Corns may be extracted from the feet by binding on a few mashed cranberries, once or twice in twenty-four hours. We have known very annoying and painful corns removed in this way, in the course of a week.

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### CRANE'S-BILL.—(*Geranium maculatum.*)

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(Properties.)—ASTRINGENT, STYPTIC, TONIC.

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*Medical Uses.*—The root of Crane's-bill ranks high as a very important astringent, and is more acceptable to the taste than many other astringent medicines. It is employed in chronic forms of diarrhea and dysentery, internal and external bleeding, leucorrhea, and in cases of flooding.

The tincture, as an external application, is of excellent use in chronic ulcers, and as a wash or gargle for canker in the mouth, or ulcerations of the throat. The root, used as a masticatory, or chewed, is unrivaled in diseased gums, or chronic looseness of the teeth.

*Dose.*—Of decoction, from one half to a gill—of the powder, half tea spoonful.

CUTTING ALMOND.—(*Parthenium integrifolium.*)

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*Medical Uses.*—This plant, otherwise called *nephritic plant*, is a valuable diuretic, and particularly employed as a remedy in urinary diseases. The roots may be sliced, infused in cold water, and the quantity of a wine glassful drank four or five times a day.

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DAISY.—(*Leucanthemum vulgare.*)

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(*Properties.*)—DIURETIC, VULNERARY.

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*Medical Uses.*—The Daisy is so well known that it requires no description. The flowers are very suitable, prepared by way of oil, ointment, sirup, drink, or salve, for internal and external wounds. The juice, decoction, or distilled water, conduces to allay hepatic heat, obtund the acrimony of the bile, and invigorate the liver and other organs—is of advantage in ruptures or internal injuries, and aphthous affections of the mouth or throat.

An ointment, made of the flowers, is used with very good success, in humory, inflamed, exuding wounds, or ulcers, by counteracting the profuse discharge, which prevents their cure. The juice is available as an eye-water, in weeping or watery eyes.

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DANDELION.—(*Leontodon taraxacum.*)

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(*Properties.*)—ALTERATIVE, APERIENT, DEOBSTRUENT, DIURETIC, TONIC.

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*Description.*—This plant is well recognized, as having long, green, deeply gashed leaves, lying upon the ground, arranged





PARTHENIUM INTEGRIFOLIUM, (Cutting Almond.)

around the head of the root, the end of each gash or jag inclining downward. The midrib, when broken, yields, like the whole plant, a bitter, milky juice. It produces a naked, slender, fragile stem, bearing at the top a moderately large, yellow flower, succeeded by a round head of down, which, with the seeds, is scattered by the wind. The root extends deep into the ground. The flowers appear throughout the spring, summer and autumn, and are found usually in meadows and pasture grounds.

*Medical Uses.* — The Dandelion possesses important strengthening and cleansing qualities, and is very effectual in obstructions of the liver and spleen, or in diseases arising from such obstructions, as jaundice, hypochondriasis, etc. It is very conducive, used by young or aged persons, to remove obstructions of the urinary organs, and to cleanse and heal ulcers affecting the same:—for which purpose, the decoction of the leaves and roots with the addition of some white wine, is very advantageously employed. This plant is much used as a pot herb, with other suitable herbs, to purify the blood; and thus used, is highly beneficial in consumption, general debility, or in a cachectic derangement of the system. Persons affected with this habit of body, should make free use of Dandelion, in any convenient form.

It possesses merits unsurpassed, in liver complaints, and as a purifier of the blood—is held, likewise, to be very useful in chronic diarrhea. The distilled water is of utility, put into the drinks of patients, in malignant fevers.

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DILL.—(*Anethum graveolens.*)

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(*Properties.*) — AROMATIC, CARMINATIVE, EMMENAGOGUE, STOMACHIC.

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*Description.*—Dill starts up with a jointed, striated or furrowed stem, usually three feet or more in height, having a few branches, and spreading into terminal umbels of yellow,

pentapetalous flowers. The leaves are of a sea-green, much divided into linear or very narrow pointed leaflets, resembling the leaves of fennel. The seeds are somewhat thin, or more flat than those of fennel. It has an annual, taper root, somewhat small, and slightly tending to a ligneous quality. It is usually sown in gardens, and is found wild.

*Medical Uses.*—An infusion of Dill clears and strengthens the brain—allays flatulent distension or swelling, and pain—removes sickness at stomach, and checks vomiting.

The seed is effectual to digest raw, viscous humors, being bruised, and employed by way of infusion for the purpose, and is more valuable than the leaves to expel flatus, or wind generated in the stomach, and to promote the menses.

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#### DWARF ELDER.—(*Aralia hispida.*)

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(*Properties.*)—DEMULCENT, DIAPHORETIC, DIURETIC, TONIC.

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*Medical Uses.*—Dwarf Elder is well calculated to obviate obstructions, or excess of the bile, viscous, or attenuated mucus,—likewise relieves female complaints, redness and inflammation of the eyes, scalds, and burns, colic, and gravel complaints, inveterate and fistulous ulcers.

It is highly valuable to void the extravasated water of the dropsy,—for the cure of this disorder, drink freely of the decoction of Dwarf Elder combined with white wine.

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#### ELDER.—(*Sambucus canadensis.*)

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(*Properties.*)—ALTERATIVE, DIURETIC, NERVINE, SUDORIFIC.

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*Medical Uses.*—The expressed juice of the leaves, or the distilled water of the flowers, remedies inflamed or bloodshot



RUBUS STRIGOSUS, (Red Raspberry.)



eyes, cleanses the skin of freckles, pimples, sun-burning, tan, etc. The same may be used as a wash for the headache, ulcers, and palsied hands. A decoction of the bark and berries promotes urine and perspiration, and is very valuable in dropsy.

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### ELECAMPANE.—(*Inula helenium.*)

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(Properties.)—ASTRINGENT, DIAPHORETIC, DIURETIC, EXPECTORANT, TONIC, VERMIFUGE.

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*Description.*.—Its leaves are large, somewhat broad at the central part, and diminishing toward both extremities, serrated, with a pointed termination, of a light green on the upper surface, grayish beneath, and having short footstalks. Among these rise large stalks covered with soft pubescence, three or four feet in height, branched toward the top, bearing large, yellow flowers; and having leaves sessile, or without footstalks, amplexicaul, or embracing the stem at their base. It has a large, thick, branching root, blackish on the exterior, and whitish within. It grows more frequently in moist and shady grounds—at times, in open borders of fields, and other waste places, and produces flowers in July.

*Medical Uses.*.—The root of Elecampane, made into a sirup, or the powder mixed with sugar, is very effectual to warm a cold stomach, oppressed with flatus—to remove pains and stitches in the side, resulting from inflammation of the spleen, which is frequently attended with some degree of fever, and at times with an enlargement of that organ, and general derangement of the system. It is used, moreover, in dyspepsia,—coughs, shortness of breath, wheezing respiration, and other pulmonary complaints—in suppressed urine, amenorrhœa, gravel complaints, and arrests the progress of putrid or malignant fevers. The root, in new ale or beer, drank daily, is said to clear and strengthen the vision or sight. An infusion of the roots in wine, expels all kinds of worms—is

useful in hemoptysis or spitting of blood—and employed both internally and externally, serves to remove cramps or convulsions, rheumatic pains of the joints, internal bruises or injuries, etc. The same, used as a gargle, or the root as a masticatory, firmly fastens loose teeth, and preserves them from decay. The root, boiled well in vinegar, and made into an ointment with hog's lard, or the decoction used as a wash, is an excellent remedy in scabs, psora or itch, putrid sores or cankers. The distilled water clears the face of spots, blemishes or imperfections.

*Dose.*—Of the powder ten grains three times a day. In decoction of an ounce of coarse powder to a pint of boiling water, the dose is one fluid ounce three times a day.

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### ENDIVE.—(*Cichorium endivia.*)

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(*Properties.*)—DEOBSTRUENT, FEBRIFUGE, REFRIGERANT.

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*Description.*—This is a bitterish, annual plant, and starts up with a stem furnished with divided leaves, after the manner of succory, bearing blue flowers; also, yielding seeds closely resembling those of succory, and the roots yield a milky juice. When roasted, it closely resembles coffee, and is used to adulterate it in Europe. It is usually cultivated in gardens.

*Medical Uses.*—Endive is a fine, cooling plant, and the decoction of the leaves serves well to abate excessive heat of the liver and stomach, or predominance of heat in the hot stages of agues; and to allay inflammation in any part of the body. It corrects sharpness of urine, or excoriations affecting the urinary organs. The seed possesses a similar, or perhaps, a more effectual quality, and is valuable in fainting or swooning. An external application of *Endive* corrects the acrimony or sharpness of humors in fretting ulcers, or

tumors and swellings attended with inflammation—and is said to help remarkably, redness and inflammation of the eyes—likewise, dimness of sight. It can not be used amiss,—a sirup made of it is an excellent cooling medicine in fevers.

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### EYE-BRIGHT.—(*Euphrasia officinalis.*)

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(Properties.)—ANTICATARRHAL, CEPHALIC.

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*Description.*.—Eye-bright or *euphrasy*, is a low plant, rising up usually with a dark green stem, nine inches in height, or not much more, branching from the lower part, and set with almost round or ovate, pointed, small, dark green leaves, finely notched on the edges, and arranged in pairs. At the joints with the leaves, from the middle to the top, appear small, white flowers, slightly variegated with yellow and purple. These are followed by round heads, small in themselves, and containing very small seeds. The root is long, and thready at the extremity. The plant usually grows in meadows and grassy grounds.

*Medical Uses.*.—The expressed juice or distilled water of this plant, should be used as an eye-water, and at the same time, a part mingled with wine for internal use, in order to remedy catarrhal inflammation of the eyes, or infirmities which tend to weaken and impair the sight. This medicine is useful in coughs, hoarseness, headache and earache which have supervened in catarrhal affections. It is said, the powder of the herb, mixed with fennel seed, sugar, and mace, and taken in a beverage, or the powder made into an electuary, with sugar, improves the vision decayed through age. Euphrasy is of utility in bloodshot eyes—in those oppressed with an increase of sharp humors—in cases of specks on the cornea—and in weeping or watery eyes. It strengthens, moreover, a weak brain, or memory.

FENNEL.—(*Anethum foeniculum.*)

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(Properties.)—ANTISPASMODIC, CARMINATIVE, DEOBSTRUCTIVE,  
GALACTOPOIETIC, STOMACHIC.

*Description.*—Fennel rises with a round, furrowed, fully branched, upright, green stalk, varying from two and a half to three and a half feet in height, set with alternate leaves, sheathing or investing the stalk or stem by their base, finely divided, or composed of linear, pointed, dark green leaflets. It produces resplendent yellow, pentapetalous flowers, disposed in umbels. It has a spindle shaped root, which is said to be pectoral and diuretic. Gardens usually afford an ample supply of this root.

*Medical Uses.*—A decoction of leaves, or rather of the seeds of fennel, abates the heat, and obviates the loathing or sickness, oftentimes incident to the stomach of the debilitated and feverish patient—relieves hiccup, asthmatic and rheumatic affections. The same, boiled in barley water, augments or increases the milk of nurses, and renders it more wholesome for infants.

The seeds are aromatic and warm: they contain a large proportion of essential oil. The seeds, or roots are effectual to cleanse the blood—to remove visceral obstructions—and to obviate the jaundice, pain, enlargement and tumefaction of the spleen, attended with flatus.

The roots may be given in form of diet-drink, which is well calculated to improve the cadaverous countenance of the convalescent patient, after a fit of sickness, and induce a healthy habit of body—it is said, moreover, to reduce obesity or excessive fleshiness. The distilled water, or expressed juice is useful to clear the eyes of films. Wild Fennel is deemed to possess stronger and more warming qualities than the sative or garden kind.

FERN.—(*Aspidium felix mas.*)

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(Properties.)—ANTHELMINTIC, ASTRINGENT, EMMENAGOGUE, TONIC.

*Description.*—Male Fern sends up lucid green fronds, or divided leaves, with the fructification on the inferior disk or under surface, proceeding directly from the root, after the manner of dense masses or collections; varying between one and three and a half feet in height, in form oblong, sharply terminated, and composed of deeply lobed, oblong divisions or leaflets, notched with roundish incisures on the margins. The root is perennial, not descending, but growing parallel with the surface of the ground.

This plant is usually found in shady grounds, and soils adapted to the growth of pines.

*Medical Uses.*—Male Fern, bruised and boiled in mead or honeyed water, is a vermifuge, especially for the *taenia* or tape worm, and *lumbrici*, or long, round worms. This is a bitter, astringent, and strengthening medicine, well calculated to remedy biliary, watery humors, and reduce enlargement and tumefaction of the spleen. The roots, bruised and boiled in hog's lard, furnish a good ointment for wounds. The powder may be used to dry up the profuse discharge of obstinate ulcers, and facilitate their cure. This plant should not be used by women in a state of pregnancy, as it is most certain to produce abortion. The same, burned in sleeping apartments, is said to expel gnats and mosquitoes, which are frequently a source of great annoyance to persons by night.

Meadow Fern, (*Myrica gale*,) is considered to possess pectoral, astringent, and herptic properties, and is employed in disorders of the chest and cutaneous affections. The infusion is also stomachic and vermifuge. Sweet Fern, (*Comptonia asplenifolia*,) is an herb of great utility, and many persons are not aware of its valuable properties—it holds a high reputation in domestic use, in cases of chronic debility, diarrhea,

dysentery and bloody flux. It possesses noted astringent and tonic properties. It is good for night sweats. It is also used in rheumatism, inflammations, fevers, asthma, etc., and often as a fomentation.

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### FEVERFEW.—(*Pyrethrum parthenium.*)

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(Properties.)—EMMENAGOGUE, NERVINE, STIMULANT, STOMACHIC, TONIC.

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*Description.*—Feverfew rises with a branching stem, between two and three feet in height, furnished with lively green, pinnate leaves, composed of leaflets cut into jags, or toothed. It produces compound, radiated, white flowers, with a yellow disk or center, on short footstalks, which spread at the summit of the stem. The odor of the whole plant is very strong, and its taste bitter. It is a congener, or allied to chamomile—and inherits its name, doubtless, from its febrifuge qualities. It is usually found in gardens, flowering in June and July. The root is somewhat hard, with radicles or strong fibers.

*Medical Uses.*—Feverfew, sometimes called *feather-few*, is invigorating to the stomach, tranquilizing and bracing to the nerves, cleansing and strengthening in uterine, or female complaints; and remedies such infirmities as a careless mid-wife may have occasioned, provided an infusion of the herb in white wine be administered as a drink,—or an infusion of the flowers in wine, with the addition of a little nutmeg or mace, drank frequently during the day, is an approved medicine to procure speedy menstruation, and to void the *still-birth* and *after-birth*:—sitting over the hot fumes of the decoction of the herb made in water, may answer the same purpose, and in some cases, a warm application of the boiled herb to the parts, may be necessary. An infusion thereof, with the addition of some sugar or honey, is used by many

with good success, in coughs, colds, influenza, or catarrah on the chest. The powder taken in wine, with the addition of squills, purges the bile, mucus or phlegm—is available for shortness of breath, melancholy, or depression of spirits. The bruised leaves applied to the crown of the head, and the cold tea drank daily, is an effectual mode of treatment, in vertigo or dizziness, paralysis, St. Vitus' dance, stammering, and pains of the head resulting from colds. An infusion of *Feverfew*, drank warm, at the same time some of it beaten together with salt and applied to the wrists, prior to the approach of the paroxysms of agues, prevents or removes them. The distilled water may be employed in affections of the eyes, freckles, and discolorings of the skin. This herb bruised and heated with some wine and oil, is applied to the abdomen with advantage in flatulent colic.

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FILIPENDULA.—(*Spiraea filipendula.*)

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(Properties.)—ANTILITHIC, ASTRINGENT, CARMINATIVE, DIURETIC, PECTORAL, TONIC.

*Description.*—This plant, sometimes called *dropwort*, rises with a stalk usually two feet in height, slightly branched, furnished with a species of compound or pinnate leaves, alternately arranged, and composed of several pairs of leaflets, indented or notched on the edges, the terminal leaflet having three parts or divisions. The top of the stalk spreads into flower stems, variously subdivided, and bearing many white, pentapetalous, sweet-scented flowers on short peduncles. The root is perennial, consisting of a number of small, black, roundish, tuberous pieces, hanging down from the principal root, and connected together by threads. It is cultivated in gardens and likewise inhabits dry fields and meadows, producing flowers in June and July.

*Medical Uses.*—Filipendula is highly spoken of as a medicine in cases of strangury, nephritic or calculous complaints.

The root should be administered in form of powder, or by way of decoction, with the addition of a little honey. It aids to expel the *after-birth*. The powder of the roots prepared with honey, in the form of an electuary, or made into a thick consistency, promotes the expectoration of tenacious mucus or phlegm—and is of great benefit in flatulent distensions of the stomach,—in diseases of the lungs, as shortness of breath, wheezing respiration, hoarseness, coughs, etc.

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FOXGLOVE.—(*Digitalis purpurea*.)

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(*Properties.*)—ANTEPILEPTIC, DISCUTIENT, DIURETIC, NARCOTIC.

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*Description.*—Foxglove has hoary, green leaves, indented or notched on the edges, and set upon the stem from the bottom to the middle: from thence to the top, are arranged long, hollow, bell-shaped, pendulous, purple flowers, containing dark dots. The capsules are ovate, and contain small, dark or brown seeds. The root is biennial, small, and fibrous. This plant grows in sandy grounds, usually, yet sometimes elsewhere, and generally produces flowers in July.

*Medical Uses.*—An application of the bruised leaves of Foxglove, is well adapted to heal fresh wounds; and the expressed juice may be used to cleanse, dry, and heal chronic sores,—an ointment made of this, is said to be effectual in scrofula or king's-evil. A level tea spoonful of the powder, infused in a pint of boiling water, with the addition of some honey or sugar, cleanses and purges the body of tenacious phlegm or viscous humors,—removes hepatic and splenetic obstructions. For epilepsy, a level tea spoonful of the powdered leaves, and two tea spoonsful of *polypody*, should be put into a pint bottle of ale or beer, and kept tight for use.

*Dose.*—From one to two table spoonsful, morning and evening. This medicine has been known to cure epileptic fits of fifteen years standing,—it is of much use in dropsy, being an

active diuretic. Foxglove should be administered with caution, being a very powerful medicine, and not unfrequently fraught with ill or dangerous effects, from overdoses. The usual dose is from one-half to three grains, in powder. It is sometimes administered in tincture, beginning with ten drops, night and morning, and increasing the dose until slight nausea is produced.

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### FUMITORY.—(*Fumaria officinalis.*)

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(*Properties.*)—ALTERATIVE, DIAPHORETIC, DIURETIC, LAXATIVE, TONIC.

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*Description.*—Fumitory is a tender herbaceous plant, containing a watery juice, and having a square, brittle stem, with branches leaning or bending, set with multifid, or much divided leaves, of a sea-green color. It produces numerous purple flowers. These are followed by round seed vessels containing small black seeds. The root is yellowish, moderately long, small, and full of watery juice, when fresh. It is found in gardens and tilled grounds, or fields, usually flowering during May, June, and July.

*Medical Uses.*—The juice, made into a sirup, or the decoction of the plant made in whey, in conjunction with other purging or aperient herbs and roots, to render it the more active, is effectual to remove obstructions of the liver, and to cleanse the blood of morbid, inflamed humors, which give rise to herpetic affections, as ring-worms or tetter, scabs, and similar eruptions of the skin. This medicine, after freeing the body from impurities, reinvigorates, or strengthens the whole system. It is very good in jaundice ; and acts, in large doses, as a powerful diuretic. The powder of the herb, taken for some time, cures hypochondriac complaints. The seed is considered more effectual for the above purposes. The distilled water, with a little rose-water, employed as a gargle, helps canker in the mouth and throat.

The juice may be applied in inflammation of the eyes, and dimness of sight,—it may be mingled, likewise, with the juice of docks and vinegar, as a valuable lotion or wash, in cutaneous affections, or disorders of the skin.

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### GARLIC.—(*Allium sativum.*)

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(*Properties.*)—EXPECTORANT, DIURETIC, PECTORAL, STIMULANT, TONIC, VERMIFUGE.

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*Medical Uses.*—Every part of this plant, but more especially the bulb, has a pungent, acrimonious taste, and a peculiarly offensive, strong smell. It powerfully promotes urination,—is effectual for bites of mad dogs, and other venomous bites,—is valuable to expel worms in children,—cuts and voids tough mucus, or phlegm,—purges the head and obviates lethargic complaints,—it is a good preventive against infectious or malignant diseases, and remedies virulent ulcers,—removes spots and blemishes from the skin,—pains in the ears—moreover ripens and breaks abscesses, boils, and similar swellings. The onion may be substituted for the above purposes ; but the garlic has some virtues peculiar to itself—it possesses a special quality to throw off derangements of the system, arising from ague and fever, mineral fumes, or from drinking stagnant water—also ill effects resulting from the imprudent use of *wolf's-bane*, *henbane*, *hemlock*, etc.

It is valuable in dropsy, jaundice, epilepsy, cramps, convulsions, hemorrhoids or piles. Persons of a phlegmatic temperament, having dull, sluggish circulation, or derangement of the secretory vessels, realize, from the use of garlic, very beneficial results,—but those of a plethoric habit should dispense with its free use. A sirup made of garlic is excellent for inveterate coughs and other pulmonary complaints. It should be used in its crude or raw state, by way of expressed juice, or otherwise, in the foregoing disorders, since preparation by fire has a tendency to counteract its medicinal force.

**GENTIAN.—(*Gentiana purpurea.*)**

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(*Properties.*)—ALTERATIVE, ANTISEPTIC, DIURETIC, EMMENAGOGUE, STOMACHIC, TONIC, VERMIFUGE.

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*Description.*—Purple Gentian rises with an upright, stout, herbaceous, unbranched stem, between one and two feet in height, varying according to the soil, of a brownish green color, furnished with long, pointed, dark green leaves, undivided, and even on the edges, clasping the stem at their base, and set in couplets up to the top. The flowers are purple, long, hollow or bell-shaped, and terminated at the border by five pointed lobes or segments. It has a perennial root, long, and growing deep in the ground. The time of flowering is in August.

The order of Gentianworts, comprises species having nearly similar properties, varying chiefly in intensity,—*Gentiana lutea* is what we usually find in drug stores.

*Medical Uses.*—The root removes morbid or biliary derangements—strengthens the stomach exceedingly—and thereby restores lost appetite and relieves dyspepsia—likewise removes tough, viscid mucus or phlegm, stitches, or shooting pains in the sides, imparts new vigor to the spirits, and prevents fainting or swooning. An infusion of the root in wine revives persons overwearied by traveling, excessive labor, or exposure, affords relief in cramps or convulsions; and is an excellent remedy in ruptures, bruises, or like injuries, as well as for sores or ulcers. It very effectually promotes urination and menstruation, therefore should be withheld in cases of pregnancy, as it is attended with abortive consequences. A tea spoonful of the powdered root, taken in wine, each morning, is an admirable vermicide—and is profitable moreover, in scrofula or king's-evil, intermittents, or ague and fever. Gentian counteracts putrescent tendencies, poison, and infection. The powder may be used or taken in wine to expel the virus communicated from venomous bites.

GINSENG.—(*Panax quinquefolium.*)

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(*Properties.*)—DIAPHORETIC, DEMULCENT, NERVINE, STIMULANT.

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*Medical Uses.*—The American has the same properties, yet is somewhat inferior to the Chinese plant. The roots have an agreeable smell, and slightly bitter, aromatic taste. It has been found serviceable in paralysis, convulsions, dizziness, dysentery, and nervous affections. It may be taken either in decoction, tincture, or powder.

*Dose.*—Of the pulverized root from one to two tea spoonsful.

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GOLDEN-ROD.—(*Solidago virgaurea.*)

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(*Properties.*) — ASTRINGENT, DIURETIC, LITHONTRYPTIC, TONIC, VULNERARY.

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*Description.*—This plant has a round, virgate, or rod-like stem, usually two feet in height, though sometimes higher, furnished with long, numerous, dark green leaves, very seldom, however, if any, notched on the edges. The stem, which is of a brownish hue, is divided at the top, bearing small, yellow flowers, all turned the same way, and after maturing, changed to down, which is carried away by the wind. The root is perennial, not growing deep, comprising many small shoots or radicles, and sends up annually new stems. It is found in open grounds of woods, or similar places, both in moist and dry soils, flowering about the month of July.

*Medical Uses.*—This species of Golden-rod is a powerful diuretic, and relieves strangury or nephritic complaints, and is considered a solvent in calculous formations. The infusion of the fresh or dried herb, drank, and applied externally, as occasion requires, is effectual in ruptures, inward bleeding, or bleeding of wounds, debility, and chronic laxity of the



PANAX QUINQUEFOLIUM, (Ginseng.)





HYDRASTIS CANADENSIS, (Golden Seal.)



bowels, bloody flux, dysentery, profuse menses, exudation, or profuse discharge of humors. As a wound herb it is inferior to none, both for internal and external uses, curing speedily fresh wounds, chronic sores or ulcers. It is a sovereign remedy, in the form of a wash, for diseased gums, or chronic looseness of the teeth, ulcerations in the mouth and throat or other localities. The sweet-scented Golden-rod, (*Solidago odora*,) is used by way of warm infusion, as a stimulant, carminative, and diaphoretic,—allays flatulent pains, and regulates the unpleasant effects, or taste, attendant on the use of other medicines of a harsh or irritative nature.

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### GOLDEN-SEAL.—(*Hydrastis canadensis*.)

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(*Properties.*)—ANTIBILIOUS, A PERIENT, TONIC.

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*Description.*—This small plant, known also by the name of *yellow puccoon*, has a yellow root, with some knobby portions, connected by fibers, which gives rise to one or two leaves, gashed or divided into a few parts, and irregularly notched on the edges. It bears a flower of a white color, or with a shade of purple, terminating the scape or naked flower stalk. It is found in moist, shady woods of the West, and in some localities near the Atlantic coast of the United States.

*Medical Uses.*—The root is bitter and pungent, and is highly useful, employed in conjunction with other tonic roots, in the form of a bitter, to raise the debilitated patient, and restore a good appetite. A decoction of the root is likewise used as a topical tonic. It is of very great value in jaundice and biliary diseases, dyspepsia, weakness and oppression of the stomach. An infusion of the root in wine is useful in constipation. Golden-seal is also very valuable in inflammation. Used both externally and internally, by way of powder or decoction.

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**GOLD-THREAD.—(*Coptis trifolia.*)**

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(*Properties.*)—ASTRINGENT, STOMACHIC, TONIC.

*Description.*—This small evergreen, called Gold-thread, from its yellow, fibrous roots, has leaves on slim footstalks, divided into three parts, the leaflets being sessile, smallest at the base, and largest at the termination, cut into segments, and acutely notched. A single white flower terminates the flower stem, which appears in the spring. It is found plentifully in the Eastern section of the United States, and in some other localities, growing in shady woods, low, wet grounds, and sometimes in elevated places.

*Medical Uses.*—The root of Gold-thread furnishes a pure, effectual, tonic bitter, highly valuable in weakness or derangement of the stomach. It will prove of much advantage to the convalescent patient, after a fit of prostrating sickness, in restoring a wonted degree of health and strength. It is of much use, likewise, in aphthous disorders of the mouth and fauces, or canker in the mouth and throat. It may be given in the form of powder or tincture, in tea spoonful doses, two or three times a day. An ointment, made of the root and hog's lard, is very good for sore lips, chapped hands, etc.

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**GOOSEBERRY.—(*Ribes grossularia.*)**

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(*Properties.*)—ANTIBILIOUS, ANTILITHIC, REFRIGERANT.

*Description.*—This bush or shrub is usually found in gardens. It is armed with spines, furnished with alternate leaves, lobed, and irregularly notched, or having inequalities on the edges. The berries possess a grateful, cooling, reviving flavor.



COPTIS TRIFOLIA, (Gold-thread.)



*Medical Uses.*—The green berries being stewed, are well calculated to restore decayed or lost appetite, especially of those whose stomachs are afflicted with excess of bile. An external application of the leaves, prepared by way of decoction, abates erysipelas or St. Anthony's fire, allays the excessive heat of swellings or inflammations. Ripe gooseberries correct the heat of the stomach and liver. A decoction of the tender, young leaves is useful in calculous disorders or gravel complaints.

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### GRAPE VINE.—(*Vitis vinifera.*)

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(*Properties.*)—ANTILITHIC, HYDRAGOGUE, REFRIGERANT.

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*Description.*—The Grape Vine is a well-known, woody, climbing vine, clinging to trees or fixed objects, by means of its tendrils or claspers, having sappy stems, and leaves gashed into a few lobes, notched on the edges, standing on footstalks, the upper being alternate and the lower leaves opposite. It produces racemous clusters of round fruit.

*Medical Uses.*—The exudation of cut Grape Vines, or tears, taken two or three spoonful at a time, is an effectual medicine in calculous affections of the bladder and dropsy. A decoction of the leaves is a very good lotion in sore mouths, and is useful in cases of diarrhea:—the same, boiled with barley meal, and made into a poultice, may be employed as a cooling application for inflammation of wounds. The ashes of the Grape Vine forms a dentifrice unsurpassed. Taken in Maderia wine, it is curative in cases of dropsy: it should be taken at two or three stated or regular times during the day.

*Dose.*—A dessert spoonful in a half or entire glass of wine. The sap or tears of the vine are used in France in cases of chronic ophthalmia, or, in plainer words, inflammation of the eyes. The expressed juice of the unripe fruit, which is

called verjuice, is considered to be a very useful application in bruises and sprains.

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### GREEK VALERIAN.—(*Polemonium reptans.*)

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(*Properties.*)—ALTERATIVE, ASTRINGENT, SUDORIFIC.

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*Medical Uses.*—This is sometimes called *Jacob's ladder*, *blue-bells*, *abscess-root*, and *sweat-root*. The root of this plant is the part used in medicine. It is asserted to be curative in scrofula, boils, scrofulous ulcers, consumptions, and all pulmonary and hepatic complaints. When this article is used externally, in form of poultice for ulcers, boils, or other sores, an infusion or tincture should be taken at the same time internally, to cleanse the system and remove the redundant humors from the blood. A warm infusion, drank plentifully, is of great utility in pleurisies and fevers, by inducing a free or copious perspiration, and thereby throwing off the disease.

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### GROUND IVY.—(*Glechoma hederacea.*)

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(*Properties.*)—DEMULCENT, PECTORAL, STOMACHIC, TONIC.

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*Description.*—This plant is found in various parts of the United States, inhabiting groves, or shady grounds by hedges, or skirts of woods. It possesses no deleterious qualities,—usually called, *Gill-go-over-the-ground*.

*Medical Uses.*—A decoction of the leaves is very useful in disorders of the chest and lungs—obstructions of the liver, or in cases of jaundice, laxity, and debilitated state of the bowels,—impurities of the blood, dyspnœa, or asthmatic affections. It has a peculiar and direct action in ulcerations of the lungs, kidneys, etc., and is considered useful as an errhine and vulnerary.



POLEMONIUM REPTANS, (Greek Valerian.)



GROUND-PINE.—(*Chamapitys.*)

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(*Properties.*) — ABORTIVE, CEPHALIC, DEOBSTRUENT, DIURETIC, EMMENAGOGUE, STIMULANT.

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*Description.*—Ground-Pine grows low, seldom rising above three inches in height, running over the ground, and furnished with small, linear, or slender, grayish, resinous scented leaves—some like pine leaves—frequently many bushing together at the joints—sometimes a few scatteringly placed on the stems. The flowers are small, of a pale yellow, and standing at each joint with the leaves. These are succeeded by small roundish pericarps of seeds. The root is annual, small, and woody. The plant grows in neglected fields, or waste barren grounds, flowering and yielding seed during the summer months.

*Medical Uses.*—The decoction of Ground-Pine is very effectual in cases of strangury, or nephritic complaints, jaundice, obstructions of the liver and spleen, and powerfully promotes menstruation,—therefore this should not be taken by women in a state of pregnancy, since by determining powerfully to the parts, it most inevitably produces abortion. An infusion of the plant in wine, taken in conjunction with the external application of the same, is effectual, when persistently used, in paralytic and rheumatic maladies—likewise, as an internal medicine, has proved to be of great service in dropsy, epilepsy—in catarrh, and disorders of the head proceeding from cold watery, or serous humors, colds, coughs, griping pains of the bowels, or other internal pains. The powder, mixed with bruised figs, produces an effect mildly laxative on the bowels, and taken in wine, is said to counteract the ill effects of aconite, poisonous stings, etc. An external application of the fresh herb disperses scirrhouss swellings of the breasts, or other localities.

The expressed juice, applied with the addition of some honey, heals wounds, sores, or foul, malignant ulcers. A conserve of the flowers may be used for many purposes.

GROUNDSEL.—(*Senecio vulgaris.*)

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(*Properties.*)—DIURETIC, EMETIC, PURGATIVE, REFRIGERANT.

*Description.*—Common Groundsel has a round, brownish green stem, spreading near the summit into branches, set with somewhat long, green leaves, sinuated or cut in on the edges, resembling the leaf of the oak, yet less in size, and roundish at the termination; at the top of the branches appear small, green heads, out of which arise many small, yellow thrums or threads, or rather florets: these, after remaining awhile, are turned to down, and carried away by the wind. The plant is propagated by its seed. The root, which is small and fibrous, soon perishes. It is found in various places, at the foot of walls, among rubbish, or in waste, neglected grounds, being in flower, more or less, the greater part of the year.

*Medical Uses.*—The decoction of this plant is a successful medicine in diseases attended with acrimony of humors, or excessive heat of the body. When the stomach is overcharged with biliary matter, it would be well to have this medicine act as an emetic, being perfectly safe and harmless in its nature, and by its soothing, cooling tendency, rendering the stomach and bowels exempt from the sensation of heat, so frequently consequent on the use of some emetics and purgatives. Groundsel should be administered in large doses to induce emesis or vomiting. A decoction of it taken with some wine, is available in jaundice, epilepsy, sciatic rheumatism, griping pains of the bowels, bilious colic, and strangury. An application of the expressed juice, or distilled water, is especially valuable in catarrhal inflammation of the eyes. A poultice of the fresh plant, applied to swollen breasts accompanied with pain and inflammation, as well as in hemorrhoidal difficulties, affords great relief; likewise, used with some salt, serves to resolve indurated or hard swellings, in any part of the body.

HEART'S-EASE OR PANSY.—(*Viola tricolor.*)

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(Properties.)—ANTYSYPHILITIC, CEPHALIC, PECTORAL.

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*Description.*—Heart's-ease is a small, herbaceous plant, sometimes called *pansy* or *tri-colored violet*. We find it cultivated, likewise, growing wild in fields, especially in such as are barren or neglected, and occasionally on the tops of high hills. It is very generally known, from the fact that it is a pleasing, pretty little flower in our gardens. The flowers are in bloom through the spring and summer.

*Medical Uses.*—Heart's-ease is cooling, emollient, and mucilaginous. It is considered useful in epileptic fits, convulsions in children, inflammation of the lungs and breast, pleurisy, nephritic complaints,—tinea capitis or scald head, and other cutaneous disorders.

Mode of use,—make a strong decoction or tea, and drink freely; also, apply externally at the same time, in cutaneous eruptions.

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HART'S TONGUE.—(*Asplenium scolopendrium.*)

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(Properties.)—ASTRINGENT, DEOBSTRUENT, TONIC.

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*Description.*—This has leaves rising separately from the root, and folding themselves as they rise, about a foot long when full grown, somewhat narrow compared with their length, small at the end, hard, with little sap, smooth, and green on the upper surface, containing on the back transverse, brownish, fine, vein-like streaks, and slightly bent down at their base, on both sides of the midrib. The root consists of many black fibers, folded or interlaced. This plant is not deciduous, but retains its verdure through the winter. It has a slightly astringent and mucilaginous, sweetish taste.

*Medical Uses.*—As a medicine, this species of fern is useful in enlargement and obstructions of the liver and spleen—burning sensations of the stomach, excessive, or morbidly frequent alvine evacuations—hemorrhages, etc. The distilled water may be used with advantage in disorders of the heart, likewise by way of gargle, in cases of prolapsus uvula, or falling of the soft, spongy body of the palate, and in bleeding, spongy gums.

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#### HEDGE OR WILD HYSSOP.—(*Gratiola officinalis.*)

(*Properties.*)—DIURETIC, EMETIC, HYDRAGOGUE, PURGATIVE.

*Description.*—This is a low plant, less than a foot in height, very bitter in taste, with square stalks, branched from the bottom to the top, furnished at each joint with two small, opposite leaves, ovate, or broader at the base than at the termination, of a dark or sad green color, veined, and slightly notched on the edges. The flowers, standing at the joints, are of a reddish purple color, occasionally interspersed with white. The seeds are small and yellowish, and the root is considerably spreading. Low, moist grounds are usually most congenial to this plant. It flowers in June and July.

*Medical Uses.*—This kind of Hyssop is very cleansing, frees the blood of all extraneous humors, and is excellent to purge off phlegm and biliary matter—is considered curative in dropsy, strangury, gravel, or nephritic complaints.

It is a valuable remedy in rheumatic, scrofulous, and chronic hepatic complaints.

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#### HEDGE-MUSTARD.—(*Sisymbrium officinale.*)

(*Properties.*)—DIURETIC, EMETIC, EXPECTORANT, STIMULANT.

*Description.*—Hedge-mustard has a dark green, tough, flexible stalk; and sometimes rises with several stalks, fur-

nished with a good supply of branches, set with alternate, long, tough, muddy green leaves, deeply cut in, or divided on the edges into a number of parts. At the tops of the branches appear small, yellow, cruciform, tetrapetalous flowers, on peduncles, or flower stems, alternately arranged. These are gradually succeeded by minute, yellow seeds, contained in slender, small, round pods, which possess a pungent, biting taste. It has a perennial, slender, descending, woody root, and is found by way sides, or in neglected fields, usually flowering in July.

*Medical Uses.*—A decoction, or syrup of the Hedge-mustard, made with honey or sugar, may be given in diseases of the chest and lungs, as chronic coughs, wheezing respiration, shortness of breath, hoarseness, and entire loss of voice. This also, is of utility in jaundice, pleurisy, pains in the back and loins, pains of the bowels, and colic. The seed, employed as an emetic, given in hot water, will speedily counteract the ill effects of poison, which has been inadvertently taken into the stomach. The seed, moreover, used in any convenient, suitable form, is very good in rheumatic disorders, ulcerations of the mouth and fauces, and swollen breasts.

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#### HELLEBORE.—(BLACK.)—(*Helleborus niger.*)

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(*Properties.*)—CEPHALIC, DIURETIC, PURGATIVE.

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*Description.*—Black Hellebore has a number of compound leaves, supported by long footstalks, proceeding immediately from the root, composed of smooth, tough, dark green, elliptical leaflets, the upper half of which is serrated, or notched in a saw-like form. The flowers terminate round, tapering, upright stalks, reddish near the root—they are composed of roundish petals or flower leaves, of a purplish or reddish cast, but changing, however, in time, to green,—the anthers are yellow—seeds black, glossy, and in form, oval. The root is

perennial, black on the exterior, whitish within, not descending, but growing in a parallel form, and having numerous fibers attached. When the weather proves mild and favorable, it sometimes flowers in December and January,—hence the name, *Christmas flower or rose*.

*Medical Uses.*—The root of this plant has long been in use, and its qualities are well-known to be such as require caution in its administration. It is very effectual in hypochondriasis, quartan agues, mania or madness, yellow and black jaundice, epilepsy, sciatica, and convulsions. The powder of the root strewed upon foul ulcers, consumes the proud or fungous flesh, and facilitates their cure. It counteracts gangrenous tendencies. It is also recommended in dropsies and some cutaneous diseases.

For internal use:—a third of a tea spoonful is a sufficient dose—and let this be corrected with half as much cinnamon.

Any person experiencing ill effects from the excessive use of Black Hellebore, may find an antidote by drinking *goat's milk*, which is a common remedy—if this is not obtainable, drink plentifully of lemon juice or vinegar. Poisonous effects from the injudicious use of medicine are usually manifested by an inclination to vomit, and this obviously shows immediate recourse should be had to some antidote.

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#### HEMLOCK.—(*Conium maculatum.*)

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(*Properties.*)—DEOBSTRUENT, NARCOTIC, RESOLVENT.

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*Description.*—The ordinary large plant rises with a large, smooth, hollow, shining stalk, from three to five feet in height, discolored frequently with reddish spots, and having lower leaves tripinnate or thrice compound, a foot or more in length,—the principal leaf stem having arranged on each side opposite bipinnate leaves,—these last are subdivided into pinnate leaves, with opposite leaflets, notched on the edges,

and of a dark green. The upper leaves are smaller and less compound. The stalk spreads into terminal umbels of small, white flowers, which are followed by flat seeds of a light color. The root is long, white, and sometimes crooked. The whole plant emits a very strong, heady, and offensive scent. It is found by old walls, among rubbish, or in waste places, flowering and seeding in July, or about that time.

*Medical Uses.*—Hemlock is exceedingly cooling in its nature, but is dangerous when imprudently taken. Persons using this, should commence with extremely small or minute doses,—one grain or less, daily—gradually increasing as the constitution will bear. It is taken in scrofulous disease, when characterized by glandular indurations; in constipation, attended with painful piles; and in bronchial affections, accompanied with catarrh.

As it possesses the power to cool and repel the heat arising from the acrimony of humors, it may be safely and advantageously applied externally to inflammations, swellings, tumors, St. Anthony's fire, and herpetic eruptions. The bruised leaves laid upon the brow or forehead, is a remedy for red and swollen eyes. Should any person swallow Hemlock, mistaking it for some other umbelliferous plant, cure may be effected by taking gentian in wine, or by drinking freely of good, sharp vinegar. Hemlock is found at the druggists under the name of *Cicuta*.

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HEMP.—(*Cannabis sativa.*)

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(*Properties.*)—DISCUTIENT, NARCOTIC, PARTURIENT, STIMULANT.

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*Medical Uses.*—The seeds of Hemp are very useful in flatulency, dry coughs, biliary obstructions, looseness, prolonged diarrhea, colic, pains and spasms—allays restlessness, and quiets the nerves. It has a decided and ready action upon the uterine contractions, and promptly aids in cases of

parturition. A decoction of the roots allays inflammation in the head or other parts—likewise, being internally used, and externally applied, reduces indurated tumors or swellings—obviates pain and contraction of the muscles. The fresh juice, with a little oil or butter, is a very good application for burns. The extract of Hemp is deemed a very efficient form of medicine, and may be obtained at the druggists. This fibrous plant has a strong, narcotic smell, which causes vertigo, dimness of sight, and intoxication. It is extensively cultivated in the Western States.

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### HENBANE.—(*Hyoscyamus niger.*)

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(Properties.)—NARCOTIC, NERVINE, NAUSEANT.

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*Description.*—This is an herbaceous, biennial plant, having a stalk some two feet, or more, in height, branched, furnished with soft, woolly, glaucous leaves, sinuated, or cut in on the edges. It produces hollow, monopetalous flowers, five cleft, on the limbus or border, of a dead yellow color, near the edge of a paler hue, containing purple veins, and scarce appearing above a hard, close, five parted calyx. The pyxis, or capsule is circularly divided into an upper and lower part, the former of which acts as a kind of lid—this contains seeds, small, numerous, and of a dusky or grayish color. The root is large, tapering, containing some shoots or fibers, very similar to that of the parsnip. The whole plant possesses something of an ill, soporific smell. It grows by old walls, in borders of fields, or in neglected places, flowering in June or July.

*Medical Uses.*—An external application of the leaves of Henbane is valuable in scrofulous and cancerous ulcers—cools and allays heat or inflammation of the eyes, or other localities. A decoction of the leaves, employed by way of warm fomentation, or poultice, is found very useful to obviate swellings in the breasts, or elsewhere—to subdue painful

glandular swellings, pains of the gout, inflammatory rheumatism, nervous or neuralgic headache, and is a most admirable application for toothache.

The juice, extract, or tincture, equally answers all purposes. This, dropped into the ears, relieves deafness, ringing, or buzzing noises. It may be used by way of enema, or injection, for irritation of the rectum, bladder, etc. It is often taken to tranquilize the nerves, and to relieve pains and spasms.

As deleterious results are sometimes experienced from the too free use of Henbane, it should be cautiously given, in small doses—from five to ten grains. It may be obtained at drug stores, in form of tincture, or extract, under the name of *Hyscynamus*. In an overdose it produces delirium, tremulous pulse, and an eruption of petechiæ, and the stomach has been found gangrenous. When antidotes are required for the ill effects resulting from the injudicious use of this medicine, recourse may be had to an infusion of *pine kernels* in sweet wine—drinking *goats-milk*, or *honeyed-water*; in the absence of these, *fennel*, or *nettle seeds*, *seeds of cresses*, *mustard*, or *radish*, as well as *onions*, or *garlics* in wine—or drink freely of good, sharp vinegar.

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HERB ROBERT.—(*Geranium Robertianum*.)

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(Properties.)—ANTINEPHRITIC, ASTRINGENT, DISCUTIENT.

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*Description.*—An annual plant, with a reddish stem, about two feet in height. The leaves, which are supported on very long footstalks of a reddish cast, are divided into several parts, having each part, likewise, cut in, and notched on the edges. It produces flowers of a red color, with five petals, or flower-leaves. Like other plants of the family to which it belongs, it is distinguished by the long, awl-shaped, or beak-like appendage of the seed-vessel. The root is small and fibrous. This species of *Geranium*, is found in Europe and in the United States, usually flowering in June and July.

*Medical Uses.*—As a medicine, this holds a high reputation in the cure of nephritic or gravel complaints, jaundice, intermittent fevers, profuse menses, pulmonary complaints, hemorrhage or bleeding. Employed by way of external application, it speedily heals recent cuts, or wounds; likewise, is effectual for swollen breasts, or other swellings, and obstinate chronic ulcers of whatever nature or locality.

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### HOREHOUND.—(*Marrubium vulgare.*)

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(*Properties.*)—PECTORAL, STOMACHIC, TONIC.

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*Description.*—Common Horehound rises with square, hairy stems, from one to two feet in height, set at the joints with two opposite, roundish, rough, crumpled leaves, in color of a sullen, hoary green—in scent comparatively pleasant, and bitter in taste. It produces small, white, monopetalous, labiate or gaping flowers, arranged round the stem at the joints, from the middle to the summit, in axillary whorls, and standing in rough, hard calyxes, wherein are subsequently contained small, round, dark seeds. The root is perennial, of a dark color, hard, woody, and fibrous. This plant is usually found in dry grounds, and waste green places, flowering about July.

*Medical Uses.*—An infusion of the dried herb and seed, or the juice of the fresh herb, together with honey,—otherwise, if you please, a sirup may be taken, as a popular remedy, in dyspnoic and asthmatic maladies, severe colds, and chronic coughs. It reduces irritation of the lungs, and restores tone to the stomach, where other medicines often prove futile or of no effect. The same may be taken by persons verging on consumption, who have been debilitated by protracted sickness, or a deranged, vitiated state of the body. When taken with the roots of *flower-de-luce*, it furthers or aids the expectoration of viscid mucus or tenacious phlegm—and is said to obviate the effects of swallowed poison. The juice, with honey and brandy, has been used in dimness of sight, and dropped into

the ears with *oil of roses* in cases of earache. An infusion of Horehound is available for pains in the sides, visceral obstructions, and acts as a vermifuge. An ointment made of the fresh, bruised leaves and old lard allays swelling and pain resulting from punctures in the flesh, or other similar injuries. Horehound is said to be good for poisons, and to check and cure salivation.

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### HOPS.—(*Humulus lupulus.*)

(*Properties.*)—ANODYNE, AROMATIC, DIURETIC, TONIC.

*Medical Uses.*—An infusion of Hop-heads, is very useful in nephritic complaints, in impurities of the blood, herpes, and other cutaneous disorders, regulates the bowels, obviates the effects of debility, and imparts new tone to the system. It counteracts and expels poison, whether its effects be internal, or external, being drank in the former case, and in the latter used outwardly, by way of bath. A tea spoonful of the seeds in powder, may be used in drink to expel worms. A sirup made of the juice and sugar, cures jaundice, affords relief in cases of bilious headache, corrects heat of the liver and stomach; also, is considered of use, in protracted ague and fever.

An external application of Hops, well moistened in vinegar, subdues pains of pleurisy, acute pains of the head and stomach:—this should be bound on, as warm as can be borne, to the places affected, and some of the infusion, made with water, drank at the same time. Hop-beer is considered to be very wholesome, and will be found profitable, as a common beverage, in the above range of use. The Hop flower loses a considerable quantity of its narcotic power in drying; hence those who sleep in Hop-houses are with difficulty aroused from their slumber. A pillow stuffed with these flowers is said, in some instances, to have induced sleep when other remedies had failed.

HORSEMINT.—(*Monarda punctata.*)

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(Properties.)—STIMULANT, STOMACHIC, TONIC.

*Description.*—Horsemint has hoary, branching stems, between one and two feet in height, supplied with opposite, oblong, gradually tapering leaves, interspersed with dots on the surface, sharply, but not closely notched on the edges. It produces yellow flowers, interspersed with spots of a reddish brown, arranged in a verticillate or ring-like form, around the stem, one ring or whorl above another. It is found in sandy, barren grounds, flowering from June to September.

*Medical Uses.*—Horsemint is considered to possess a higher degree of stimulant quality than ordinary mints. It remedies shortness of breath, flatulence, colic, sickness at the stomach, and vomiting—as well as weakness of the stomach and bowels. A warm, local application of the juice helps scrofula of the throat.

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HOUND'S-TONGUE.—(*Cynoglossum officinale.*)

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(Properties.)—BALSAMIC, DEMULCENT, PECTORAL.

*Description.*—This plant, which derives the name it bears from the shape of its leaves, rises with a rough, hairy stalk, set with alternate, hairy, narrow, dark green leaves, slightly resembling those of *bugloss*, and spreads at the top into branches, along each of which are set monopetalous flowers, of a dull, purplish red color. It has a long, thick, black, mucilaginous root, and grows in moist, waste, untilled grounds, flowering about May and June.

*Medical Uses.*—The root of Hound's-tongue is effectually used by way of decoction, pills, or other forms, to obviate catarrhal fluxions, from the head to the eyes, stomach and

lungs—to remove coughs, difficult respiration, etc. A decoction of the leaves with oil and salt, acts as a mild, emollient purgative; and is, likewise, an asserted remedy for bites of rabid animals,—by drinking of the decoction, as well as using some of it, together with the leaves, as an external application. An ointment made of the leaves, with lard, obviates falling of the hair, and cures burns and scalds,—or an application, simply, of the bruised leaves, may be used, to facilitate the cure of cuts and wounds. The root may be wrapt in paste, or wet paper, and roasted under embers, then beaten up and applied, to relieve painful hemorrhoids or piles. The distilled water of the herb and root, equally answers all purposes, and may be used for incised, and punctured wounds, as well as for foul ulcers. Acids are said to counteract the ill effects from an overdose of this medicine.

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### HOUSE-LEEK.—(*Sempervivum tectorum.*)

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(*Properties.*)—ASTRINGENT, DETERGENT, REFRIGERANT.

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*Medical Uses.*—House-leek is distinguished for the peculiar succulent nature of its stems and leaves, depending for nutrition, more particularly on the dews of night, than on support derived from the soil. It obviates heat or inflammation of the eyes, as well as of other localities.

The juice, taken in *wine-whey*, is remarkably good, in hot stages of intermittent fevers or agues, to allay excessive heat, to quench thirst, and resuscitate or raise the spirits. The juice, alone, remedies diarrhea and acute rheumatism, cools and subdues erysipelas or St. Anthony's fire, herpes zoster or shingles, salt rheum, ring-worms, and similar fiery, acrid humors of the blood. Employed persistingly by way of lotion, and the leaves bound to the part, it removes corns and warts; and the same may be advantageously applied to the forehead and temples to subdue the pressing pains

and inordinate heat of the head occurring in delirium, or through want of sleep. The bruised leaves applied to the crown of the head, very speedily arrests bleeding at the nose; and being gently rubbed upon places stung by bees, affords immediate relief.

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### HYSSOP.—(*Hyssopus officinalis.*)

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(*Properties.*)—CEPHALIC, EXPECTORANT, PECTORAL, STIMULANT.

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*Medical Uses.*—Hyssop is usually cultivated in gardens, its leaves possessing an aromatic scent, and a warm, pungent taste.

When persons are troubled with colds, coughs, tough mucus or phlegm, asthmatic or catarrhal affections, such may derive great benefit from the use of the sirup, or infusion of Hyssop with a little of rue. When taken with *squills*, it works off, or evacuates by stool, vitiated humors or impurities of the blood. Employed with honey, it acts as a vermicide, and is mildly laxative, when used with bruised new figs; but is rendered the more effectual combined with the root of *flower-de-luce* and *cresses*. It restores the natural color of the complexion, which has been impaired by jaundice. Hyssop is beneficial, in any convenient form of use, for epilepsy or fits. It should be used with figs and nitre for dropsy and affections of the spleen.

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### INDIAN CUP-PLANT.—(*Silphium perfoliatum.*)

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(*Properties.*)—ALTERATIVE, DEOBSTRUENT, DIAPHORETIC.

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*Medical Uses.*—The infusion of this plant, (otherwise called *ragged-cup*,) is of great utility in ulcers, fevers, debility,



SILPHIUM PERFOLIATUM, (Indian Cup-Plant.)



bruises or internal injuries, and hepatic or splenetic difficulties. It is taken in strong infusion, the root requiring much steeping.

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### INDIAN PHYSIC.—(*Gillenia trifoliata.*)

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(*Properties.*)—EMETIC, TONIC.

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*Description.*—Indian Physic has stems two and a half feet in height, more or less,—slim, smooth, slightly bending, and branched—these are furnished with leaves composed of three leaflets, with a tapering point, sharply notched on the edges, the principal leaf having small, narrow, pointed stipules or appendages at its base. It bears white, pentapetalous flowers, with yellow anthers—petals narrow, pointed, bending back, presenting a very slight shade of red on the margin. The calyx is bell-shaped, hollow, distended, with five pointed divisions. The flowers are supported on long peduncles or flower stems, and disposed in a loose, bending, terminal panicle. The root is perennial, containing numerous shoots, somewhat dark in color, proceeding from a thick bulky, head. It is found growing in many places, throughout most sections of the United States, and is called by some American *ippecacuanha*.

*Medical Uses.*—Indian Physic should be administered in moderate doses, of three or four grains each, in order to produce a tonic or strengthening effect. It is a very effectual, yet gentle emetic:—and for this purpose should be given every quarter, or half hour, until it produces vomiting.

*Dose.*—Half a tea spoonful of the powder. The root, which is usually employed by way of powder, is the part used in medicine, and answers well as a substitute for Ipecacuanha.

INDIGO.—(WILD.)—(*Baptisia tinctoria.*)

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(Properties.)—ANTISEPTIC, DIAPHORETIC, TONIC.

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*Description.*—Wild Indigo has a smooth stem, varying from one to two and a half feet in height, extremely branched, and furnished with small leaves of a glaucous color, broad, and somewhat blunt at the termination, diminishing down to the base, arranged in *ternaries*, that is, leaves attached by *threes* to a common petiole or leaf stem. It produces yellow flowers, usually in the months of July and August. The whole plant, in its dry state, assumes a dull, rusty black color. The *B. alba*, or Prairie Indigo has a white flower, and may be employed as a substitute for the former.

*Medical Uses.*—A poultice made of the roots of this plant, is highly useful to reduce swellings and inflammations attendant on bruises, sprains, or falls, and is invaluable in difficulties or injuries manifesting gangrenous tendencies. The root may be used, either internally, externally, or in both forms, as occasion requires, in symptoms or manifestations of mortification. It is very useful in malignant forms of febrile disorders, such as scarlet and typhoid fevers—and has, likewise, much celebrity as an external application, by way of ointment, or lotion, in indolent ulcers, as well as those of a painful and virulent nature. The root of indigo given in small doses, proves mildly laxative, and in large doses, emetic and cathartic. It is highly recommended in putrid or ulcerous sore throat.

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IPECACUANHA.—(*Cephaelis ipecacuanha.*)

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(Properties.)—ANTIDYSENTERIC, DIAPHORETIC, EMETIC, EXPECTORANT, SUDORIFIC, STIMULANT.

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*Description.*—Both the gray and the brown varieties of the root are in short, wrinkled, variously bent and contorted



BAPTISIA TINCTORIA, (Indigofera.)



pieces, which break with a resinous fracture. They are brought to this country packed in bales, from Rio Janeiro. The gray is about the thickness of a small quill, full of knots and deep circular fissures, that nearly reach down to a white, woody, vascular cord that runs through the center of each piece; the external part is compact, brittle, and looks smooth; the brown is smaller, more wrinkled, of a blackish brown color on the outside, and white within: the white is woody, and has no wrinkles. In selecting Ipecacuanha, the larger roots, which are compact, and break with a resinous fracture, having a whitish gray, somewhat semi-transparent appearance in the inside of the cortical part, with a pale, straw-colored, medullary fibre, are to be preferred.

*Medical Uses.*—The powder of these plants is slightly odorous and very nauseous. As an emetic, it is mild, safe, and certain in its operation; when given in very large doses, it does not operate powerfully, but merely in a shorter space of time. It does not act so speedily as some other emetic substances, but it completely evacuates the contents of the stomach, and does not weaken it as antimonial emetics. When it is given at the commencement of continued fevers, the progress is often cut short by its operation; and it is, likewise, frequently found to arrest the paroxysm of an intermittent, when given just before the approach of the cold stage.

At the commencement of inflammation of the pharynx, larynx, and trachea, when the inflammation does not run very high, in *cynanche tonsillaris*, purulent ophthalmia, abscess, and every case in which it is necessary to evacuate the stomach, or to increase the energy of the absorbent system by full vomiting, Ipecacuanha has been found useful. In doses sufficient to excite nausea, without producing vomiting, Ipecacuanha is given with excellent effects in dysentery and obstinate diarrhea, in which cases its efficacy seems to arise, in a great degree, from the nausea, which is kept up by the repetition of the small doses, diminishing the arterial excitement and determining to the surface. Nauseating doses are also beneficial in spasmodic asthma, epilepsy, uterine and

pulmonary hemorrhages. As a sudorific, it is used in acute rheumatism, arthritic affections, dropsy, and other diseases in which sweating is necessary. It is generally given, in these cases, in combination with opium and neutral salts.

*Dose*.—As an emetic is thirty grains for an adult, given in three separate portions, fifteen minutes apart.

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JALAP OR BIND-WEED.—(*Convolvulus jalappa*.)

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(*Properties*).—CATHARTIC, HYDRAGOGUE.

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*Description*.—This kind of Jalap is imported from the southern part of Mexico. The soil of warm climates is most congenial to this plant; though it has been cultivated to some extent in the United States. It has slender, shrubby, twisted stems, growing variously from eight to eleven feet in height, and supporting itself on adjoining bodies—the leaves differ slightly in their form, being generally somewhat cordate, or heart-shaped, of a lucid green, alternately arranged, and on slim footstalks. Short branches give rise to two peduncles, each containing a single, large, bell-shaped flower, slightly of a purplish red on the outer side, and crimson within. The root is perennial, of an oblong, roundish, or oval form, large, solid, and heavy, of a dark color, and containing a milky juice.

*Medical Uses*.—It is held in high estimation, as being an efficient cathartic, in the generality of cases requiring the administration of such remedies. It possesses remarkable hydragogue powers, and is successfully used in evacuating the extravasated or hydropic water, in cases of dropsy. The root of Jalap usually comes cut in transverse slices, sometimes whole, and is prepared by way of powder for medical purposes, which can be obtained at the druggists. The active principle of this plant is partly dissolved both by water and alcohol, and entirely by diluted alcohol. The active principles appear to be resin and extractive matter.

*Dose.*—A tea spoonful of the powder, combined with a tea spoonful of cream of tartar. It is particularly useful in bilious fevers, jaundice, etc.

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### JUNIPER.—(*Juniperus communis.*)

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(*Properties.*)—CARMINATIVE, DIURETIC, STIMULANT, TONIC.

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*Description.*—Juniper, though a native evergreen tree of Europe, has been introduced into the United States, attaining a different size, according to the locality or latitude where found. It is not unfrequently a small tree or shrub, furnished with small, narrow, pointed leaves, on the upper disk approximating to a sea-green color.

*Medical Uses.*—Juniper berries possess a warm, pungent, sweet taste, yielding by expression, when fresh, a rich, sweet, aromatic juice. They are said to be an antidote to poison, or infection—they procure the menses, restore appetite, strengthen the stomach exceedingly, and obviate flatulence. Indeed there is scarcely a better carminative medicine, or a better remedy for colic than the oil extracted from the fruit of this tree.

The ripe berries, eaten, are extremely good in coughs, shortness of breath, consumption, pains in the bowels, ruptures, convulsions,—they strengthen the memory and brain, are valuable in paralysis and epilepsy, improve the sight by strengthening the optic nerves—are useful in chills and fever, rheumatic disorders, as well as to impart vigor to all the limbs of the body—obviate fluxes, relieve hemorrhoids or piles, and expel worms in children. As a diuretic, they are very available in strangury, or gravel complaints. Persons troubled with dropsy may drink an infusion of the berries in gin, or a lye made from the ashes of the bush, which will effect a cure—the same, applied as a lotion, cures the itch or scabious eruptions; and the ashes simply, applied or rubbed on, cures scurvy of the gums.

KNOT GRASS.—(*Polygonum aviculare.*)

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(Properties.)—A STRINGENT, NERVINE, STYPTIC, VULNERARY.

*Medical Uses.*—This kind of grass, which we find so common by highway sides, by footpaths in fields, and old walls, arrests bleeding, cures fresh wounds, as well as chronic sores attended with profuse discharge—and is useful in those forms of diarrhea and dysentery, where astringents are requisite. It cools and regulates the blood, or corrects the acrimony of the humors.

The distilled water, or expressed juice, simply, or employed in conjunction with the powder, is very profitable as an external application, in swellings and foul ulcers attended with irritation or inflammation.

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LADY'S SLIPPER.—(*Cypripedium humile.*)

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(Properties.)—ANTISPASMODIC, NERVINE, SEDATIVE.

*Description.*—It rises with a number of low, upright, pubescent stems, and with two large leaves, which are radical, or proceeding directly from the root, ovate lanceolate, or gradually tapering to a point. The flowers are red or purple, with four spreading petals—the two at the side being less in width. Its time of flowering is in May and June.

*Medical Uses.*—The different species of plants bearing this name are considered to possess nearly the same medical properties. Its great value consists in its excellent virtues as a nervine—not being accompanied by any injurious tendencies—but having very beneficial results in cramps or spasms, in allaying pain and quieting the nerves, or in imparting rest and repose. It is useful in nervous fevers, epilepsy, trembling, delirium, and other nervous disorders. The root is the part



CYPRIPEDIUM HUMILE, (Red Lady's-Slipper.)



selected for medical purposes, and may be prepared by way of infusion. It should be gathered in the spring before the tops begin to grow much, or in the fall, after they begin to die. After digging they should be carefully separated, washed clean, and dried in the sun or in a dry, airy room. When fully dry they should be packed away for use. The yellow Lady's Slipper is called *American valerian*.

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### LAVENDER.—(*Lavandula spica.*)

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(*Properties.*)—AROMATIC, CARMINATIVE, NERVINE, STIMULANT, TONIC.

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*Description.*—The stem of this plant is two feet or more in height, spreading into many square, slim, pubescent branches, and set with opposite, narrow, sea-green leaves, without foot-stalks. It produces small, blue, labiate flowers, arranged in the form of terminal spikes, which usually appear in August.

*Medical Uses.*—This, as a medicine, strengthens the head and brain, and may be used with good success in apoplexy, epilepsy, paralysis, lethargy, vertigo, frequent fainting or swooning, nervous headache, and hysteria.

An infusion of the flowers of Lavender, *horehound* and *fennel*, with *asparagus* roots, and a little cinnamon, may be profitably used in epilepsy and vertigo. It strengthens the stomach and obviates obstructions of the liver and spleen. Some of the infusion of the flowers in wine, held in the mouth, remedies pains in the teeth—likewise taken, and externally applied, affords relief in cases of colic. The distilled water of the flowers, taken in the dose of two spoonsful each, remedies loss of voice, trembling, or palpitation of the heart, and is valuable to regulate the menses. The essence is a very convenient form of medicine, and may be substituted for the above complaints. When the body is replete with blood and humors, it would be well to dispense with the use of Lavender.

LETTUCE.—(*Lactuca sativa.*)

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(Properties.)—ANODYNE, APERIENT, DIURETIC.

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*Medical Uses.*—Garden Lettuce is naturally cooling, and is available in heart-burn. The expressed juice with the oil of roses, applied to the temples, or forehead, procures sleep, allays heat and pains of the head. This plant when boiled and eaten is a mild aperient—it aids digestion, quenches thirst, increases milk in nurses, relieves griping pains of bilious colic, etc. An external application of the expressed juice, with red roses, to the regions of the heart, liver, and kidneys, represses heat and inflammation. The use of Lettuce should, however, be withheld from persons who expectorate blood, or have any imperfection of the lungs. It is prepared, and sometimes used in the form of extract. Lettuce is esteemed a wholesome, aperient, bitter anodyne.

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LICORICE.—(*Glycyrrhiza glabra.*)

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(Properties.)—DEMULCENT, EXPECTORANT, PECTORAL.

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*Medical Uses.*—This root, boiled in pure water, with some of the herb *maidenhair* and figs, is of very good use in dry coughs, hoarseness, shortness of breath, asthmatic difficulties, and other affections of the chest and lungs. The extract or juice of Licorice, with some of the white gum tragacanth, dissolved in *rose-water*, is also a very profitable medicine in hoarseness, wheezing respiration, etc. Infusions, or the extract made from Licorice, which is called *Spanish licorice*, afford likewise very commodious vehicles for the exhibition of other medicines.



CYPRIPEDIUM PUBESCENS, (Lady's-Slipper.)



LIFE-EVERLASTING.—(*Gnaphalium polycephalum.*)

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(Properties.)—PECTORAL, SUDORIFIC, TONIC.

*Description.*—This is a sweet scented, herbaceous plant, growing a foot or more in height, and producing many heads of flowers, of a tawny color, which appear in July and August. It is found about fields and woods, or in dry, sandy grounds.

*Medical Uses.*—Persons affected with colds, coughs, or threatened with fever, will derive much benefit from drinking a warm infusion or tea of this plant, as it is calculated to throw off the disease, by determining to the surface through perspiration. It is also useful in other affections of the chest, and in hemorrhages, diarrhea, or weakness of the bowels, strains, and internal injuries.

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LILY OF THE VALLEY.—(*Convallaria magalis.*)

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(Properties.)—CARDIAC, CEPHALIC, PURGATIVE.

*Description.*—The root of Lily of the Valley or *May lily*, is small, fibrous, and creeps in the ground, after the manner of grass roots. It has a considerable number of leaves, and a dwarfish stem, half a foot in height, supplied with many small, white flowers, with turned borders, like little bells, of a strong, agreeable odor. These are succeeded by red berries, somewhat resembling those of *asparagus*. It is frequently cultivated in European gardens, as well as in the United States, and is found growing wild on both continents. As its name implies, it flowers in May. The fruit or berry is three-celled, containing seeds which mature in September.

*Medical Uses.*—This, as a medicine, is very well calculated

to stimulate and reinvigorate the brain, heart, or vital parts. The distilled water may be successfully used in inflammation of the eyes, films, or specks on the cornea. The flowers, infused in wine, helps palsy, and are excellent in apoplexy. The roots are considered emetic and purgative:—half a tea spoonful of the powder is generally sufficient to produce an active purgative effect. The powder of either flowers or roots, acts as a sternutatory, or promotes sneezing. The cathartic action, or operation of the roots, is not very dissimilar to that of aloes and squills, which are held in popular use as purgative medicines.

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### LIVERWORT.—(*Hepatica triloba.*)

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(Properties.)—ASTRINGENT, DEMULCENT, DEOBSTRUENT, PECTORAL.

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*Description.*—Liverwort has radical or root leaves, supported on footstalks from three to seven inches in length, trilobed, or divided into three lobes, somewhat smooth and tough, like leather or parchment, and of a sea-green on the inferior disk or under surface. The root, which is perennial and fibrous, gives rise, likewise, to some round, short pubescent stems, each surmounted by a solitary flower, white, and presenting a shade of blue. We find this plant in flower in the early part of the year, growing in damp, shady soils, in forests, or by sides of elevated grounds.

*Medical Uses.*—This plant possesses remarkable efficacy for persons whose livers have become corrupted or deranged, by surfeits or luxurious living, which usually gives rise to cutaneous eruptions. It is useful in jaundice, as well as in all hepatic complaints; strengthens and protects the liver against disease, arrests fluor albus, the spread of ring-worms, and running sores, obviates the heat, irritation, or inflammation of the kidneys, and other organs. It is given, also, in diseases of the chest and lungs. Liverwort should be



Lobelia Inflata





LOBELIA INFLATA, (Lobelia.)



taken after having been first bruised, and prepared in *small-beer*, by way of decoction, as a remedy for the foregoing disorders.

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### LOBELIA.—(*Lobelia inflata.*)

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(*Properties.*)—ANTISPASMODIC, EMETIC, EXPECTORANT, SUDORIFIC.

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*Description.*—This plant is sometimes called *Indian tobacco*, or bladder-podded Lobelia. It rises with an upright, branched, hairy, angular stalk, between one and two feet in height, furnished with ovate, tapering leaves, sessile, or without footstalks, serrated or sharply notched on the edges, scattered or thinly set, and alternately arranged,—supplied, moreover, with racemous branches of bluish flowers. The capsule is oval and inflated. The seeds are brown, and very small.

*Medical Uses.* Lobelia, as an emetic, is very valuable, acting with peculiar, prompt, and most salutary effect on the entire system, by producing a sudden and radical change in the morbid or diseased state of the organs, in all cases which indicate an emetic form of medicine. It is highly useful in cases of asthma, and has been administered with admirable success against the effects of all poison, or bites of mad dogs, which are so often attended with fatal consequences. The mode of use is by way of a tea, tincture, or powder,—two or three tea spoonsful of the spirit tincture, for adults, speedily renders the respiration free and easy in cases of asthma. This tincture, likewise, may be used externally for contusions, cuts or wounds, inflammations, swellings, and sores. Small doses promote the expectoration of phlegm in coughs.

This species of Lobelia is a sedative, the operation of which is very similar to that of tobacco, but is safer and more manageable. It has been employed very successfully in diseases of the air passages, and as an arterial sedative in fevers, as it acts in the same way as large doses of tartarized antimony. It acts as an emetic in doses of one scruple.

LOOSESTRIFE.—(*Lythrum salicaria.*)

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(Properties.)—ASTRINGENT, DEMULCENT, VULNERARY.

*Description.*—Purple Loosestrife has a stalk some three feet in height, set with entire, opposite, ternate leaves, inclining to a dark green color, pubescent on the inferior disk, somewhat narrow, broadest at the base, and gradually tapering to a point. The flowers are purple, axillary, or arranged in a spike like form, in clusters, one above another, consisting of five petals, with a roundish, waved termination. These are succeeded by membranous capsules, covered by the calyx, and containing numerous small seeds. It grows wild in the Eastern States, usually by rivers, water courses, or in wet grounds, displaying its flowers in the months of July and August.

*Medical Uses.*—Loosestrife possesses a cooling quality, and is of great use as an application for sore eyes; at the same time, *euphrasia* or *eye-bright*, should be used internally. The distilled water is a present remedy for injuries of the eye, and for blindness, provided the crystalline lens be not too much injured or impaired; this has been proved from experience. It clears the eyes of dust, or of any thing which may casually have found its way into them, and preserves the sight. It is available in gashes or incised wounds, prepared by way of ointment, after the following manner: To every ounce of the distilled water, add sugar, bees-wax, and May butter without salt—one ounce each. Simmer these ingredients together: in this, when cold, linen tents should be dipped, applied to the wound, and the part covered, also, with a linen cloth folded, and spread with the ointment.

The distilled water quenches inordinate thirst, and used in the form of a lotion, together with an application of some of the leaves, cleanses and heals all kinds of ulcers and sores. Employed as a gargle, it cures quinsy and scrofula in the throat. It may be used, likewise, as a warm lotion,

to remove spots, blemishes, and scabious eruptions from the skin. In inveterate cases of diarrhea and dysentery, the bowels should be first cleared by suitable purgative medicines; after which, loosestrife may be successfully administered by way of decoction, or powder.

*Dose.*—Four table spoonsful of the decoction of the root, or a tea spoonful of the powder, three times a day.

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LOVAGE.—(*Ligusticum levisticum.*)

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(*Properties.*)—CARMINATIVE, DIAPHORETIC, STIMULANT, STOMACHIC.

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*Description.*—This is an herbaceous plant, having a large fistular, furrowed, green stem, furnished with pinnate leaves, on the large petioles of which are set smooth, glossy, dark green leaflets, cut about the edges, broader at the termination than at the base,—the stem branches at the top into large, terminal umbels of yellow flowers. These are followed by small, flattened, ovate oblong, aromatic seeds, of a brownish color. The whole plant, moreover, is stongly aromatic, and of a warm, biting taste. The root is perennial, grows large, thick, deep and spreading, brownish externally, and whitish within. It is cultivated in gardens, and flowers in July.

*Medical Uses.*—Lovage may be administered in the form of infusion, or powder, as best suits convenience. A tea-spoonful of the powder of the root, taken in wine, obviates waterbrash, warms the stomach, aids digestion, alleviates flatulence and colic,—also pains of the body proceeding from colds. It is a powerful diuretic and emmenagogue. An infusion of the herb or root has proved advantageous in chills and fever. The distilled water may be employed as an eye-water, for redness of the eyes and dimness of sight; as a lotion, for freckles and blemishes of the face, and as a gargle in cases of quinsy,—also, taken several times, it helps pleurisy. An application of the leaves, bruised, and fried in a little lard, speedily ripens and breaks boils.

LUNGWORT.—(*Pulmonaria officinalis.*)

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(Properties.)—DEMULCENT, PECTORAL, STYPTIC.

*Description.*—Lungwort has a rough, upright, cornered stem, a foot in height, set with leaves between ovate and oblong, having a pointed termination, with white dots interspersing the upper surface, and alternately arranged on the stem. The flowers appear at the top, irregularly set, and growing in bunches of a crimson color. The root is perennial.

*Medical Uses.*—Lungwort is employed in consumption, coughs of long standing, hemoptysis, catarrhs, and other disorders of the lungs and chest. An infusion of this plant, together with *hyssop*, *elecampane*, *horehound*, and the herb *maidenhair*, is considered a sure remedy for coughs.

*Dose.*—Half a wine glassful night and morning. The plant, moreover, employed in the form of a lotion or wash, promotes the cure of ulcers attended with profuse discharge.

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MADDER.—(*Rubia tinctorium.*)

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(Properties.)—DIURETIC, EMMENAGOGUE, TONIC.

*Description.*—Madder has long, slender, square, somewhat reddish, procumbent stems—widely trailing or climbing—rough and jointed. At each joint, are arranged around the stem in a whorl, or star-like form, long, rough, pointed, elliptical leaves. At the separate joints, likewise, are a couple of shoots, branching, and bearing at the termination small, yellow, monopetalous flowers. Next follow round heads, or berries, green at first, then reddish, and black when matured—with two cells and two seeds. The root is red and very clear, when fresh, assuming a darker hue when dried, comprising long, descending, as well as long, lateral radicles or fibres, near

the surface of the soil. We find it cultivated in Ohio and some other States. It flowers toward the last of summer, and the berries mature quickly after. The root is kept at drug stores.

*Medical Uses.* It is an asserted remedy for jaundice, by removing obstructions of the biliary duct, or by cleansing the liver and gall, and a remedy, also, for depression of spirits, paralysis, sciatica, and external or internal injuries. An infusion should be prepared, and some honey or sugar added, when used for the above purposes, as occasion requires. The seed, taken with vinegar and honey, obviates tumefaction and enlargement of the spleen. The root is considered to be emmenagogue.

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### MAGNOLIA TREE.—(*Magnolia yulan.*)

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(*Properties.*)—DIAPHORETIC, STIMULANT, TONIC.

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*Description.* This fine tree, which is most elegant in its flowers and foliage, seldom attains an elevation above twenty-five feet, its stem frequently deviating from an erect line. The leaves are coriaceous, thick, oval, irregularly placed, of a light green on the upper, and of a fair sea-green on the inferior disk. The flowers are solitary, or singly set, highly fragrant, of a snowy whiteness, and consisting of fourteen leaves, with a broad, rounded termination, or in form inversely ovate. We find this tree near the eastern seaboard of the United States, extending south, but seldom very far in the interior. It is found in blossom, variously, according to climate, usually between May and July, abounding in woods, by sides of hills, and about swamps or low grounds.

*Medical Uses.* The bark of the root furnishes an excellent tonic, and as such, soon restores the impaired digestive organs to a healthy action, obviates weakness of the stomach, and removes general languor or debility. It possesses a febrifuge

quality, and is of great use in intermittent fevers; from one to two even tea spoonsful is the usual dose, in powder. The seed, likewise, is very effectual, and is often used in cases of protracted rheumatism and dyspepsia. A more strengthening bitter than the bark furnishes will seldom come within range of use.

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### MAIDENHAIR.—(*Adiantum pedatum.*)

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(Properties.)—EXPECTORANT, PECTORAL, VERMIFUGE.

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*Medical Uses.*—This plant is a species of fern, having properties, for the most part, similar to those of other ferns. Its leaves, usually called fronds, are somewhat bitter in taste, and contain an astringent, aromatic mucilage. It expels worms, promotes the expectoration of mucus, is useful in coughs, colds, influenza, and other affections of the chest and lungs.

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### MALLOWS.—(*Malva sylvestris.*)

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*Description.*—This kind of mallows abounds in England, nevertheless, is found in some gardens of the United States. It has a long, stout, perennial root, with a goodly number of strong fibres, giving rise to a round, upright stalk, strong, and varying in height, sometimes one and a half feet, and again two feet or more, well furnished with alternate leaves, on long footstalks, roundish, slightly divided into segments or lobes, and irregularly notched on the edges. The flowers are pentapetalous, or consisting of five petals, inversely heart-shaped, purple, marked with veins, each flower surmounting a peduncle, which proceeds from the axil of the leaf stalk. It is found in the flower throughout the summer. From the different species of mallows I here designate three kinds, which are used for medical purposes, being closely allied in their

properties. The common, low, dwarf mallows—(*Malva rotundifolia,*) is very common in the United States, especially in New England, by fence sides, in lanes, and about residences. The whole order is characterized by wholesome and mucilaginous qualities.

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### MARSHMALLOWS.—(*Althaea officinalis.*)

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(*Properties.*)—ASTRINGENT, DEMULCENT, EMOLlient, PECTORAL.

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*Description.*—This plant rises with a stem usually three or four feet in height, hoary, branched near the summit, and set with pubescent or downy leaves, oblong, broad at the base, lobed, somewhat pointed at the termination, and unequally notched on the edges. It produces flowers consisting of five petals, of a very light purple or blush color, scalloped, and broader at the termination than at the base, or inversely heart-shaped. The root is perennial, and contains long shoots, proceeding from a common head, pliant and tough, of a pale straw color on the exterior, and whitish within. It is found about marshes, near the sea, flowering in July and August.

*Medical Uses.*—In malignant, or severe cases of dysentery and bloody flux, attended with much pain, erosion or excoriation of the bowels, a decoction of Mallows in milk or water, is greatly relied on, as a very salutary remedy: this obtunds and incrassates the acrimonious humors or thin fluids, subdues the irritation and pain, and heals the internal soreness. It is useful in strangury, gravel, or nephritic complaints, to cleanse, lubricate, and relax the passages, and abate the attendant heat, irritation, and pain in such cases. It may be profitably taken in ruptures or internal injuries, hurts or strains, resulting from blows, falls, or over-exertion—and is, moreover, beneficial in asthma, hoarseness, whooping cough, pleurisy, and other disorders of the chest and lungs. The mucilage of the roots, together with the mucilage of linseed, may be used

by way of poultices, ointments, etc., in burns and scalds, erysipelas or St. Anthony's fire, scrofula of the throat, scrofulous sore eyes, swollen breasts of women, and to emolliate and disperse tumors, swellings, or inflammations in any locality. Such persons as are troubled with enlargement of the liver and spleen, should make use of a poultice prepared from a decoction of the leaves, with the addition of *bean* or *barley* flour, and *oil of roses*, from which they will derive great benefit. A decoction of the flowers or leaves, with some alum, used as a gargle, speedily cures cankers or ulcerations of the mouth and fauces—and these leaves, bruised with *nitre*, may be applied to extract or draw splinters from the flesh. The juice or decoction, with a little wine, conduces to an easy and speedy parturition. The root of Marsh-mallow is the part chiefly used in medicine, or the roots and leaves of the two former mallows. An infusion of either kind, or of any part, may be used to suit convenience, and as circumstances require.

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MANDRAKE.—*Podophyllum peltatum.*)

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(Properties.)—CATHARTIC, DEOBSTRUENT, EMETIC, NARCOTIC.

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*Description.*.—Mandrake or *May apple*, has a smooth stem, usually a foot in hight, parted at the top into two foot-stalks, each supporting a broad, peltate leaf, deeply divided or cut into lobes, somewhat of a yellowish green on the upper surface. At the top of the stem, also, on a flowerstalk between the leafstalks, appears a nodding, white flower, being in bloom the last of May, the petals of which are blunt at the termination and smaller at the base. The flower gives place to a large, roundish head or fruit, of a delicate yellow when mature, interspersed with spots of a dark hue. It is found in shady, humid soils, or low, moist grounds of woods.

*Medical Uses.*.—The root of this plant is the part designed



*PODOPHYLLUM PELTATUM*, (May-apple.)



for medicinal purposes; which is a sure and active cathartic; not attended, however, by any unpleasant results, but producing full and free evacuations. It is considered to act as an alterative, when moderately taken, in hepatic or liver complaints. Every part of the plant partakes of a narcotic property. The root is emetic as well as purgative. Useful in dropsy and pleurisy.

*Dose.*—For purgative or cathartic effect, half a tea spoonful of the powder. The Cherokee Indians put a few drops of the fresh juice into the ear for deafness.

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### MARIGOLD.—(*Calendula officinalis.*)

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(*Properties.*)—APERIENT, AROMATIC, CARDIAC, STOMACHIC, SUDORIFIC.

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*Medical Uses.*—Marigold is a plant usually growing in gardens, and bearing yellow flowers, which appear throughout the summer. It is strengthening to the stomach, and as a medicine, is little less effectual in small-pox, chicken-pox, rash, and measles, than saffron, which it is sometimes used to adulterate. The juice of the leaves, with some vinegar, may be used to advantage in ulcers, and swellings attended with irritation or inflammation. The flowers, either fresh or dried, are of good use in sirups and drinks, to reinvigorate the spirits. A plaster, prepared from the powder of the flowers, lard, turpentine, and resin, applied to the breast, strengthens and supports the debilitated patient in fevers.

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### MARJORAM.—(*Origanum vulgare.*)

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(*Properties.*)—ANTIPHARMIC, DIURETIC, STIMULANT, SUDORIFIC, TONIC.

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*Description.*—Wild Marjoram has an agreeable, aromatic smell, and a pungent taste. It rises from a spreading, per-

ennial root, with square, hard, brownish stems, branched into three parts, about a foot and a half in height, furnished with opposite, ovate leaves, in color inclining to a deep green. It bears monopetalous flowers, of a roseate hue, placed in the form of tufts, or spiked panicles. The seeds are small, and somewhat darker than those of the Sweet Majoram. It is found about the borders of fields, or similar places, flowering from June to October.

*Medical Uses.*—Wild Marjoram is strengthening to the head and stomach—restores lost appetite—and there is scarce a better remedy known for dyspepsia, or acidity of the stomach. It is useful in coughs, or pulmonary disorders, cleanses the stomach of biliary matter, and obviates infirmities of the spleen. This is said to counteract ill effects of *hemlock*, *henbane*, or *opium*. It acts as an emmenagogue and diuretic; and is considered available in dropsy, jaundice, scurvy, and cutaneous eruptions. It is usually employed by way of infusion. The dried leaves are employed in medicinal baths and fomentations.

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#### MARSH-ROSEMARY.—(*Statice Caroliniana.*)

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(*Properties.*)—ANTISEPTIC, ASTRINGENT, TONIC.

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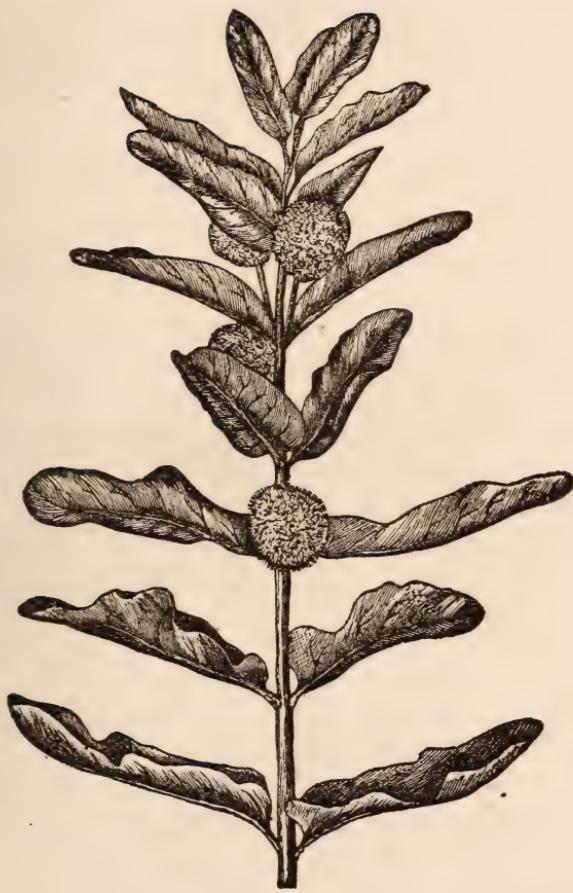
*Description.*—Marsh-rosemary rises with bunches or clusters of leaves, blunt, ending with a small point, much broader at the termination than at the base, and with long footstalks. The flowerstalk, which varies from one half to a foot in height, more or less, spreads near the top, and bears loosely panicled, small, purplish flowers, the petals of which are blunt, and with a narrow, dwindling base. It is found about salt marshes and sea-coasts,—its time of flowering is in August and September.

*Medical Uses.*—The large, tapering, brownish root of this plant, is the part used in medicine, and furnishes one of the most powerful astringents which we find in the *Materia*



ANGELICA ATROPURPUREA, (Masterwort.)





ASCLEPIAS SYRIACA, (Cotton-weed.)



*Medica.* It is principally used as a gargle in complaints of canker in the mouth and throat—likewise, in malignant or putrid sore throat, by way of external application, and taken in the form of a tea. It is considered to be tonic and anti-septic, and may be used to advantage in gangrenous tendencies and dysentery.

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MASTERWORT.—(*Heracleum lannatum.*)

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(*Properties.*)—CARMINATIVE, DIURETIC, NERVINE, STIMULANT.

(*Description.*)—Masterwort, or *cow-parsnip*, is an indigenous species, and rises with a large, fistular, pubescent stem, about three or four feet in height, furnished with ternate leaves, comprising leaflets, lanate or woolly on the inferior disk, somewhat of a roundish, or cordate form, cut into lobes, and with footstalks. It bears large umbels of white flowers, each consisting of five petals,—these give place to round seeds. It inhabits meadows, borders, or corners of fields, having a long whitish, perennial root, with a few fibres, and displays its flowers in June.

*Medical Uses.*—Masterwort is useful in sick-headache, cold affections of the stomach, flatulency, dropsy, jaundice, epilepsy, gastric disorders, or inflammation of the stomach, colic, and nervous affections.

*Dose*—Of the dried root from two to three drachms.

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MAYWEED OR WILD CHAMOMILE.—(*Anthemis cotula.*)

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(*Properties.*)—ANTISEPTIC, ANTHYSTERIC, DIAPHORETIC, STOMACHIC, STIMULANT, TONIC.

*Description.*—This also bears the name of *dog fennel*. It has a very disagreeable smell, and the leaves a strong,

acrid, bitterish taste. The stem is herbaceous, well branched, usually growing between one and two feet in height, and furnished with soft, finely divided, bipinnate leaves, or leaves comprising pinnate leaflets—these are pointed, linear, slender, or of very small width. On the tops of the branches, the flowers appear singly, with a yellow disk or center, radiated or bordered with white leaves. It has a small, taper root, with numerous small fibres, of a light brownish color. We find this plant cultivated in gardens, as well as growing wild, by roadsides, or in waste, neglected grounds. It flowers from the last of May to September.

*Medical Uses.*—This plant possesses qualities much like those of *chamomile*, though not of equal strength. The flowers, prepared by way of infusion, are used to great advantage in hysteria, and various female complaints; biliary derangements, irritable and sensitive conditions of the nervous system, spasms of the bowels; and is excellent in bilious, watery diarrhea, also in diarrhea of children in time of teething. This infusion or tea is excellent drink for the debilitated patient in cases of dysentery or bloody flux, as it both strengthens the stomach, and by its antiseptic quality, tends to prevent mortification of the bowels. It likewise procures appetite, aids digestion, and is rendered more effective, in some cases, with a little wine.

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MELILOT OR KING'S CLOVER.—(*Melilotus officinalis.*)

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(*Properties.*)—ANODYNE, CEPHALIC, DEMULCENT, DISCUTIENT, EMOLlient, TONIC.

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*Description.*—Melilot is an herbaceous, leguminous, plant, with green stems, rising from a perennial, long, tough, white root. Leaves alternate, and trifoliate—leaflets unequally notched about the edges. Flowers, yellow, of a pleasant scent, alternately arranged three or four inches apart, on long, terminal spikes. These are followed by legumes, or pods, containing flat, brownish seeds. This plant in taste is un-

pleasant, subacrid, subsaline, but not bitter; when fresh it has scarcely any smell; in drying it acquires a pretty strong one, of the aromatic kind, but not agreeable. It flowers in June and July.

*Medical Uses.*—The flowers of Melilot and of *chamomile* may be used in form of enemas to expel flatulence, and alleviate pain: in form of poultices, likewise, to remedy swelling of the spleen. A poultice, made of boiled Melilot with the addition of the yolk of a roasted egg, and either fine flour, *poppy seeds*, or *endive*, is well calculated to emolliate and reduce tumors and indurated swellings in any part of the body. It allays pains of the stomach, either applied fresh, or boiled with any of the above ingredients. The head may be washed with a lye, prepared from Melilot, to arrest the spread of *tinea capitis*, or ringworm of the scalp. The expressed juice is said to obviate specks on the cornea. To wash the head often with the distilled water of the herb and flowers, or with a lye made of the herb, is considered of advantage in cases of sudden temporary deprivation of the senses,—it strengthens the memory, and imparts new vigor to the brain—preserves it from pain, and shields it from the attacks of apoplexy. The principal use of Melilot has been in clysters, fomentations, and other external applications.

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MILK-WEED OR SILK-WEED.—(*Asclepias syriaca*.)

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(*Properties.*)—ANODYNE, ANTISTRUMOUS, DIURETIC, EXPECTORANT, SUDORIFIC.

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*Description.*—The stems of this milky plant are from two to four feet in height, undivided, or having no branches, and furnished with opposite, entire, oblong leaves, gradually tapering to a point, presenting a soft, somewhat downy under surface. Flowers, light purple, sweet scented, arranged in two or three *umbels*, proceeding from between the petioles, and being *nutant* or nodding—calyx, five parted—corolla,

monopetalous and five lobed—seed vessel follicular, with one valve opening longitudinally—seeds numerous, and attached to a long, silky down. We find it in barren, sandy grounds, on hills and banks of rivers, or waste places, near the Eastern coast of the United States, and elsewhere, producing flowers in July and August.

*Medical Uses.*—The root of Milkweed is much used in cases of asthma, scrofula, strangury, and dropsy. The best mode of administration is by way of decoction:—for this purpose, add a pound of the root to one gallon of water, and boil to the consumption of one-half; permit to cool, then add a quart of the best Holland gin;—cork tight, and place aside for use.

*Dose.*—A wine glassful, three or four times a day.

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#### MOTHER-WORT.—(*Leonurus cardiaca.*)

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(*Properties.*)—DIAPHORETIC, EMMENAGOGUE, NERVINE, PARTURIENT, PECTORAL, STOMACHIC.

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*Description.*—It has a hard, square, rough, brownish stalk, from two to four feet in height, spreading into branches. Leaves opposite, somewhat long and elliptical, crumpled or wrinkled, of a dull green color, deeply edged with teeth, and with long footstalks. Flowers of a red or purple color, placed at stated distances, in opposite, nearly sessile axillary cymes, or in a whorl-like form, after the manner of *balm* or *hoarhound*. These give place to a profusion of small, round, blackish seeds. The root sends forth a number of long strings and small fibres, taking strong hold in the ground, of a dark yellowish, or brownish color, and is perennial. It usually grows in gardens.

*Medical Uses.*—The leaves of Mother-wort have a disagreeable smell and a bitter taste, yet are familiarly and effectually brought into requisition for female complaints,

and perhaps, for this purpose, no medicine is more extensively used. It is a universal uterine medicine. A spoonful of the pulverized herb in Holland gin, is an invaluable aid in parturition. It acts as a vermifuge, diuretic, and emmenagogue—likewise, may be employed in palpitation of the heart, fainting or swooning, neuralgic pains, or nervous disorders, cramps or convulsions, lassitude, or drooping spirits. It removes cold phlegm oppressing the chest. The herb, or root, procures sleep, allays pain and spasms. This may be prepared by way of infusion or sirup, for many purposes. The tincture is used in table spoonful doses.

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### MUGWORT.—(*Artemisia vulgaris.*)

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(*Properties.*) — ANTEPILEPTIC, DEOBSTRUENT, DISCUTIENT, NERVINE, TONIC.

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*Description.*—Mugwort is a perennial plant, having radical leaves much divided, or deeply cut in about the edges, after the manner of *wormwood*, but larger, of a dark green on the upper surface, and hoary beneath. The stem rises from three to four feet or more, in hight, furnished with smaller leaves than those proceeding from the root; spreading near the top into racemous branches, set with small, yellowish, hemispherical flowers, or in form resembling buttons. These are followed by small seeds, inclosed in indehiscent, dry pericarps. The root is long, taking strong hold in the ground with many small fibers. It is found by water courses, and elsewhere, flowering the latter part of summer.

*Medical Uses.*—An ointment may be prepared from the root of this plant, lard, and some field *daisies*, if obtainable, as an effectual remedy for wens, glandular swellings, or king's-evil. The expressed juice is said to be an especial antidote for persons who have swallowed overdoses of opium. The powder of the leaves, taken by the dose of three spoonsful

in Holland gin, is considered a sure and speedy remedy in sciatica, and epilepsy or fits. An infusion of the herb, together with *chamomile*, employed in the form of an external application, obviates pains of chronic rheumatism, cramps, etc.

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### MULBERRY.—(*Morus nigra.*)

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(*Properties.*)—ANTHELMINTIC, ANTIPHARMIC, ANTIPYROTIC, ASTRINGENT, CATHARTIC, DEMULCENT.

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*Description.*—This kind of Mulberry is a tree of medium size, and is very common in the United States, where it has long been introduced. It has rough, lobed, irregularly dentate leaves, in form between heart-shaped and ovate; and its fruit is well known to be of a dark purple, or approaching to black, being ripe in July and August.

*Medical Uses.*—Mulberries are sub-acid, cooling or reviving, lubricating and laxative, and are considered by some to furnish a very good drink in fevers. The unripe berries are the reverse, being astringent or binding, especially when dried, and may be used to check some forms of diarrhea and dysentery. The bark of the root is said to expel the tape worm, and to act as a cathartic. A syrup made from the juice of the fruit, may be used as an agreeable gargle, in inflammation and canker in the mouth and throat, as well as in prolapsus uvulæ, or falling of the uvula, commonly called palate. The expressed juice of the leaves is said to be an antidote for overdoses of *aconite*.

Bruised Mulberry leaves, employed by way of external application, arrest the bleeding piles, and may be used as a styptic for other purposes,—the same, beaten with vinegar, are considered useful in burns and scalds, being applied or bound on to the part affected.

MULLEIN.—(*Verbascum thapsus.*)

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(Properties.)—ANODYNE, ASTRINGENT, DEMULCENT, DISCUTIENT, PECTORAL, TONIC.

*Description.*—This plant appears with large, somewhat elliptical, whitish green, woolly leaves, lying upon the ground. The stem is usually from two to four feet in height, erect, undivided, or very rarely branched near the top, leafy up to the flowers, which are yellow, and formed into a long, dense spike;—these are followed by brownish seeds, contained in small heads compactly attached to the spike. The root is somewhat long, whitish, and slightly tapering. It grows by roadsides, in pastures, neglected fields, as well as in other places, flowering in July, or near that time.

*Medical Uses.*—A decoction of the root or leaves of Mullein may be used with very good effect in diarrhea and dysentery, in ruptures, cramps, pains of the stomach, deeply-seated protracted coughs, colds, and other pulmonary complaints. A tea of Mullein, likewise, is useful in stoppage of urine, and agues. An infusion of the leaves with *sage*, *marjoram*, and *chamomile* flowers, is employed successfully as an application in rheumatic affections of the joints and limbs, in conjunction with a strong infusion of the flowers as a beverage. Though this disorder may not seem to yield to medicines, immediately, yet they should still be persisted in. Excellent medicines are discontinued, frequently in this disease, because they do not perform an immediate cure,—whereas, nothing would be more certain than their effect, were they duly persisted in. Want of perseverance in the use of medicines, is one reason why chronic diseases are so seldom cured. The powder of the flowers obviates colic, or pains of the bowels, and formed into an ointment, is a cure for the piles, scalds, and burns. An external application of the leaves or roots, prepared by way of decoction, is valuable to resolve or disperse tumors, indurated and white swellings, and inflammation of the throat. Also, use-

ful in poultices applied to swellings and contracted sinews. "Mullein leaves smoked in a new pipe, which has never been used, is a sure and certain cure for bronchitis. A gentleman states that he has tried this, himself, and has seen it tried by others, and has never known it to fail in effecting a permanent cure."—*Scientific American.*

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### MUSTARD.—(*Sinapis nigra.*)

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(*Properties.*)—ANTIPHARMIC, DIURETIC, EMETIC, EPISPASTIC, STERNUTATORY, STIMULANT.

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*Description.*—Mustard is an annual plant, about two feet in height, furnished with considerably large, green, rough wrinkled, alternate leaves—lyrate-pinnate or gashed into unequal jags, on the edges, somewhat like *turnip* leaves. Flowers small, yellow, composed of four cruciate petals, alternate with the sepals. Stamens tetradynamous, that is, with six stamens, four of which are longer than the others. The flowers are followed by siliques, or small elongated pods, with slender, flat ends, containing round, yellowish seeds, which have an acrid, pungent taste, and, when bruised, this pungency shows its volatility by affecting the organs of smell. It has a small, long root, is a common inhabitant of gardens, and flowers in June or July.

*Medical Uses.*—Mustard is valuable in many complaints. Persons troubled with weak stomachs, should make free use of this with their food, especially aged persons who are troubled with cold complaints, impaired digestion, or loss of appetite: for such, prepare after this manner,—one tea spoonful of mustard seed; one of cinnamon; half a tea spoonful of mastic; mix with some gum arabic, which should be previously dissolved in rose-water,—make the whole into troches, and administer half a drachm, or half a tea spoonful, an hour or two before eating. Mustard seed possesses warm-



MYRRHA, (Myrrh.)



ing, discutient, attenuating, rubefacient, or drawing qualities,—used by way of decoction, acts as a diuretic—and taken prior to the cold paroxysms of agues gradually diminishes and removes them—a very strong decoction of the seed, copiously drank warm, proves an antidote by acting as a speedy emetic, in cases where persons have swallowed poison. Applied to the nostrils, temples, and forehead, at the same time employed internally, it has a good effect in epileptic fits, as well as stimulates and arouses the spirits in lethargic disorders,—likewise prevents fainting or swooning. As a sternutatory, it removes extraneous matter from the head, or promotes sneezing. As an external application, it disperses swellings about the throat, discusses humors, and alleviates sciatic, or rheumatic pains, pains in the shoulders, loins, or other parts of the body. Taken by itself, or with other ingredients, it obviates affections of the spleen, or pains in the sides, or gnawing pains of the bowels.

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MYRRH.—(*Myrrha.*)

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(*Properties.*)—ANTISEPTIC, EMMENAGOUE, STIMULANT, TONIC.

*Medical Uses.*—Good Myrrh is of a turbid black-red color, solid and heavy, of a peculiar smell, and bitter taste. It is a gum-resin; and its medical effects are warm and corroborant. It has been given as an emmenagogue, in doses of from five to twenty grains.

The tincture is applied to ulcers, and other external affections of a putrid tendency, and also as a wash when diluted, for the teeth and gums. It likewise strengthens the stomach, aids digestion, and promotes the secretions. The tincture may be taken in doses of a tea, or table spoonful, more or less, according to the age and constitution of the patient.

The tincture is made by putting three ounces of the pulverized gum in a bottle of rum or brandy, permitting it to remain in a sun-heat, often shaking, for nine or ten days, then pouring off into another bottle, and it will be fit for use.

NETTLE.—(*Urtica dioica.*)

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*Properties.*)—ASTRINGENT, DIURETIC, EXPECTORANT, STYPTIC, TONIC.

*Medical Uses.*—The stem and leaves of this plant are covered with stinging hairs, which are so well and proverbially known to be ungrateful to the touch, that it requires no further description. The nettle is considered useful to purify the blood, and it would be well to take the tops in the spring, in the edible form of greens, since they consume the redundant phlegmatic humors which have been engendered and accumulated in the system through the winter. A decoction of the roots or leaves, made into a syrup with honey, or sugar, is a medicine perfectly harmless, besides being very beneficial, to obviate obstructions of the bronchial tubes, which occasion wheezing respiration and shortness of breath, and to facilitate the expectoration of tenacious mucus or phlegm:—the same exhausts by expectoration the purulent matter in cases of pleurisy,—and gargled, or held in the mouth, removes swelling of the almonds of the throat or tonsils. The expressed juice, likewise, is curative in soreness, or inflammation of the mouth or throat, and obviates the relaxation of the uvula. It is said to be the most powerful styptic known. A decoction of the leaves or seeds expels worms in children, alleviates pains in the sides, acts as a diuretic, and is said to prove effectual in bloody urine, and in voiding the urinary calculus. We often use the expressed juice to free the skin from roughness, or discolorings. Some of the leaves or seed, bruised and put into the nostrils, arrests bleeding at the nose, and cures the disorder called polypus. A decoction of the leaves or root, employed in the form of a lotion, and the leaves subsequently applied, is highly valuable in cases of itch, recent cuts or wounds, eating or corrosive cankers, gangrenous ulcers,—as well as to strengthen weak and palsied limbs, newly set joints, and to remove rheumatic difficulties. An ointment prepared from the expressed juice, oil, and a little bees'-wax, is excellent for cold and torpid limbs.

OAK.—(*Quercus.*)

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(Properties.)—ANTISEPTIC, ASTRINGENT, FEBRIFUGE, STYPTIC, TONIC.

*Description.*—The White Oak is a very well-known tree, abounding in the forests of the United States, and not unfrequently attaining a very large size. Its leaves have a peculiar shape, oblong, deeply sinuated or cut into jags or divisions on the edges, smooth, and of a dark green. The galls, which are so numerously found upon the leaves of this tree, are occasioned by a small insect, with four wings, called *Cynips Querci Folii*, which deposits an egg in the substance of the leaf, by making a small perforation through the under surface; the ball presently begins to grow, and the egg in the center of it changes to a worm; this worm again changes to a nymph, and the nymph to the flying insect above mentioned, which, by eating its passage out, leaves a round hole. Those galls which have no holes, are found to have the dead insect remaining in them. As a medicine, they are to be considered as applicable to the same indications as the oak bark, and by possessing a greater degree of stringent and styptic power, seem to have an advantage over it, and to be better suited for external use.

*Medical Uses.*—The leaves, acorn cups, and bark of the oak contain drying, astringent, bracing, or strengthening qualities. The inner bark of the tree, and the thin skin covering the acorns, or the powder of the cups, may be used with great advantage to arrest vomiting, spitting of blood, diarrhea, dysentery, and bloody flux. For the purpose of obviating the force of poisonous herbs and medicines, or the ill effects of *cantharides*, which have produced exulcerations of the bladder, and bloody urine, the patient may have recourse to a decoction of the bark and acorns prepared in milk. The bruised leaves are a very good application in recent cuts or wounds: a decoction of them or of the bark may be employed

either internally or externally, as occasion requires, to assuage inflammation, as well as to arrest all fluxes, or preternatural discharges. The same is asserted to be of advantage to resist the virus, and allay the heat in infectious, malignant, burning fevers, to obviate heat or inflammation of the liver, and nephritic complaints. The powder of acorns, taken in Holland gin, acts as a diuretic. There is, perhaps, no better remedy found than the extract of the oak, in cases of fluor albus. A decoction of the bark, with the addition of some alum, has been found highly useful in numerous cases of prolapsus uvula, or falling of the palate, employed by way of a gargle, and by way of enema in prolapsus uteri, leucorrhea, etc. The powder of the galls is peculiarly serviceable in hemorrhoidal affections. Oak galls are supposed to be the strongest astringent in the vegetable kingdom. Both water and spirit take up nearly all their virtue, though the spirituous extract is the strongest preparation.

*Dose.*--Where the powder is required, from a few grains to half a drachm.

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ONION.—(*Allium cepa.*)

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(*Properties.*)—DIURETIC, EXPECTORANT, LAXATIVE, PROPHYLACTIC, STIMULANT.

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*Medical Uses.*—Onions possess the property of imbibing the morbid effluvia, or noxious exhalations from persons diseased, and by this means counteracts the contagion of infectious maladies:—hence they are calculated to draw or extract the virus from malignant ulcers, and bites of rabid animals. For this last purpose, onion seed should be applied mixed with honey and *rue*. Onions, roasted and eaten with honey, or with sugar and oil, promote the expectoration of tenacious mucus, and are very conducive to cure inveterate coughs. The expressed juice is efficacious in scalds, and burns by fire

or gunpowder. Used with vinegar, it removes blemishes, or imperfections of the skin; and dropped into the ears, terminates the pains and ringing noises in the same. The expressed juice, moreover, applied with figs beaten together, is conducive to mature and break abscesses, boils, etc. Persons threatened with or having seated fevers, should have the half of a raw onion bound upon the sole of each foot at bedtime, being permitted to remain until morning, by which time the slices will have drawn, to a great extent, the febrile disorder from the system. A table spoonful of the juice expressed from red onions, in their crude or raw state, given every half hour, is a sure and speedy remedy in extreme cases of suppressed urine; a table spoonful, taken three times a day, is considered curative for dropsy; and a tea spoonful, five or six times a day, is a valuable remedy in influenza, coughs, or colds upon the lungs. For croup, cut onions into thin slices, and place brown sugar between the layers; when dissolved, administer a tea spoonful of the sirup. It will afford immediate relief. Externally, they are employed, roasted, in poultices, to promote suppuration.

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PARSLEY.—(*Apium petroselinum.*)

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(Properties.)—APERIENT, DEMULCENT, DIAPHORETIC, DIURETIC.

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*Description.*—Parsley is a herbaceous plant, with an erect, furrowed, branching stem, two feet, more or less, in height, set at the joints with leaves composed of ternate leaves, arranged on each side of a common petiole, the divisions of which are linear or slender, and simple; the leaflets of the radical ones are trilobed and notched on the edges. It bears compound umbels of small, yellow, pentapetalous flowers, and yields darkish green, small, roundish, or plano-convex seeds, of a warming, spicy taste. The root is biennial, half

an inch or more in thickness, tapering, and whitish on the exterior.

*Medical Uses.*—The roots of Parsley, boiled and eaten like *parsneps*, remove obstructions of the liver and spleen, and are useful in cases of suppressed urine. The leaves, employed as an external application, are of much utility in swelling, heat or inflammation of the eyes;—the same fried in butter with bread or meal, and applied to breasts hard or swollen, from lactic coagulation, speedily reduces the induration or swelling.

The following is said to be a beneficial medicine in cases of dropsy, jaundice, strangury, or gravel complaints:—Take of the seeds of parsley, *fennel*, *anise*, and *caraway*, an ounce each; likewise, of the roots of Parsley and *caraway*, an ounce and a half each—bruise the seeds, cut the roots fine, and steep the whole over night in a bottle of white wine,—in the morning simmer the same in a close earthen vessel, until a third part is consumed. After straining, take about two-thirds of a gill, morning and evening, abstaining three hours from drink, after using. This removes obstructions of the liver and spleen, and exhausts the dropsy and jaundice, by urinary evacuations. The juice of the fresh herb, or seed, is useful in coughs, and is asserted to have been used in lieu of *quinine*, in cases of chills and fever.

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PASQUE FLOWER. (*Anemone pratensis.*)

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(*Properties.*)—DIURETIC, ALTERATIVE, CATHARTIC, ERRHINE, EXPECTORANT.

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*Description.*—It has a smooth, pubescent flower stem, less than two-thirds of a foot in height. The leaves are of a sea-green color, bipinnate, and proceeding directly from the root. This plant has scarcely any smell, but its taste is extremely acrid, and when chewed, it inflames the tongue and fauces. The flowers, which appear in May and June, are of a dark

purple, and have numerous filaments, with yellow anthers. The root is perennial, and extends a number of stout fibres.

*Medical uses.*—An infusion of this bitter, pungent plant, is eminently useful in scrofula or king's-evil, dropsy, diabetes, and suppressed menses; is likewise applied as a lotion or wash, or by way of ointment, and used at the same time internally, in inflammation of the eyes, gutta serena, or palsied retina, cataract, opacity of the cornea, leprous and scorbutic affections;—the same is excellent to cleanse and heal corrosive and malignant sores or ulcers, tinea capitis or scald head, sometimes called ring-worm of the scalp. It possesses remarkable properties to remove from the blood all virulent humors. The expressed juice snuffed up into the nose, acts as a powerful purgative to the head, and is excellent in coma or drowsiness. The plant, likewise, is a powerful expectorant to remove watery, or phlegmatic humors. A long time has elapsed since this flower was first introduced into the United States from Europe, and it now holds a prominent place in gardens for its elegance of ornament. The root is not designed for medical use. The other parts are sometimes used in the form of sirup, or extract,—for the eyes by way of distilled water, etc.

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PEACH.—(*Amygdalus persica.*)

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(Properties.)—CATHARTIC, STOMACHIC, TONIC, VERMIFUGE.

*Medical Uses.*—As a medicine, the bark of this tree is strengthening, and at the same time adapted to evacuate the bowels. The leaves, moreover, are tonic and laxative, and much used to expel worms; for this purpose, they may be boiled in ale for internal use, and at the same time applied to the bowels to remove them more speedily. A strong decoction of equal parts of peach leaves and spearmint, taken conveniently hot, is a remedy in cholera morbus. The powder of the leaves strewed upon cuts or bleeding

wounds, acts as a styptic and promotes their cure. A sirup prepared from a decoction of the kernels or meats, is remarkably cleansing to the blood, strengthens the stomach, and imparts a healthy tone to the system. The oil of peach meats, or the expressed juice of the leaves dropped into the ears, is asserted to be useful in cases of earache; to alleviate, when applied to the forehead and temples, neuralgic, and other painful affections of the head; to procure sleep and rest for the sick and afflicted. The same, applied to the abdomen, is beneficial in colic. An application of the bruised meats boiled in vinegar to the consistency of a jelly, astonishingly promotes the growth of the hair, and restores it when entirely fallen off. The gum which exudes from the peach tree is a good substitute for gum arabic, and is said to be superior to it.

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#### PELLITORY OF SPAIN.—(*Anthemis pyrethrum.*)

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(Properties.)—CEPHALIC, RUBEFACIENT, SIALOGOGUE, STIMULANT.

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*Description.*—This plant, sometimes called *Spanish chamomile*, has a perennial, descending root. The stems are somewhat procumbent, furnished with pinnate or much divided light green leaves, bearing single flowers, with a yellow disk, and a ray of white leaves. It flowers in June and July.

*Medical Uses.*—For disorders of the head, this is deemed one of the best detergents existing among plants. The herb or root used as a masticatory or chewed, powerfully excites the flow of saliva, purges off watery humors from the head, alleviates painful neuralgic affections of the head, face, or teeth, obviates defluxions to the eyes, lungs, and chest,—which ultimately, if suffered to remain unchecked, variously gives rise to bronchitis, coughs, asthma, apoplexy, epilepsy, and consumption. The same has been found useful in relaxation of the uvula; is an excellent remedy in lethargic complaints, or drowsiness, and paralysis of the tongue, in

which it affords relief by stimulating the salivary glands. For all the above purposes, it should be used as a masticatory. Persons troubled with intermittent fevers, or agues, should take two table spoonsful of the expressed juice in a draught of sweet wine, an hour before the approach of the paroxysms,—it will assuredly remove them if taken the third or fourth time. Headache may be relieved by making use of the powder as a snuff, which excites sneezing, and thus has its designed effect. An ointment, prepared from the powdered root and hog's lard, is useful in rheumatic disorders, sprains, bruises, contracted muscles, tumors, etc.

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### PENNYROYAL.—(*Hedeoma pulegioides.*)

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(*Properties.*)—CARMINATIVE, EMMENAGOGUE, STIMULANT, STOMACHIC, SUDORIFIC.

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*Description.*—Pennyroyal rises with a stem a foot, more or less, in height, branched with slender branches, leaves opposite, oblong, somewhat sharp pointed, sharply, yet not closely nor deeply notched on the edges, and diminished or slender at the base. It bears extremely small, light blue flowers, which are set on the branches in clusters one above another, arranged in a verticillate form. The root is small, brownish, and having some slender shoots and fibres. This is a very common indigenous plant, and emits an aromatic, pungent fragrance. Abounds and thrives best in dry fields or neglected grounds.

*Medical Uses.*—This herb is warming and strengthening to the stomach. Taken warm, prepared with honey and salt, it attenuates and removes tenacious mucus or phlegm from the lungs,—or infused in milk, is beneficial in coughs, colds, or influenza. Employed as an external application with salt, it is useful in affections of the spleen and enlargement of the liver. After sweating, or taking a warm bath, the herb may be infused in spirits with some salt and honey, and applied

warm, to remove rheumatic affections of the joints. A warm infusion relieves gnawing and sinking sensations at the stomach, headache, jaundice, pains of the chest and of the bowels, and acts as an emmenagogue. An external application of Pennyroyal with barley meal, has been found useful in burns and scalds. It may be used in infusion, tincture, or essence, for the above purposes.

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### PEONY.—(*Paeonia officinalis.*)

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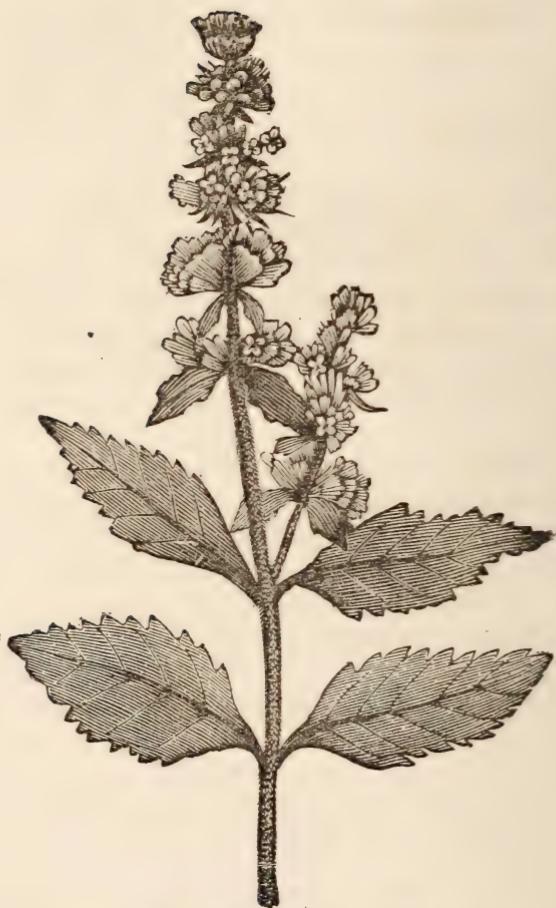
(Properties.) — ANODYNE, ANTEPILEPTIC, ANTEPHIALTIC, ANTHELMINTIC, NERVINE.

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*Description.*—This plant is fostered in gardens for the beauty and elegance of its flower. On its stems are set a species of compound, or pinnate leaves, composed of oblong leaflets, gradually tapering to a point, and of a lucid green color, though sometimes slightly tending to a reddish cast. At the tops of the stems, bloom very large, purplish red flowers, the petals of which are roundish at the termination. These are succeeded by round, black, lustrous, seeds. The root is perennial, considerably large, slightly spreading, and grows somewhat deep in the ground.

*Medical Uses.*—The root of Peony has the reputation of being antispasmodic—the seed emetic and cathartic. The root, fresh gathered, cut fine, placed in a bottle of sweet wine to infuse about twenty-four hours, then strained, and taken in the dose of three table spoonful in the morning, and again at night just before retiring, for a number of days in succession, before and after the full moon, has been found by experience to cure epilepsy or fits, in cases where the disorder has not been of too long continuance, and beyond the reach of all possible curative means. The powdered seeds, taken in wine night and morning, are of great service to persons troubled with incubus, or what is usually called night-mare. A sirup, prepared from the flowers, may be used for the same purpose. This troublesome disorder proceeds from certain derange-





MENTHA PIPERITA, (Peppermint.)

ments of the system ; it is not unfrequently a nervous affection, and has its origin principally in indigestion.

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PEPPERMINT.—(*Mentha piperita.*)

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(*Properties.*)—ANTISPASMODIC, CARMINATIVE, STIMULANT, STOMACHIC, SUDORIFIC.

*Description.*—Peppermint is an aromatic plant, with a more penetrating smell than any of the other mints, and a strong, pungent taste. It rises with a square stem, a foot or more in height, set with leaves broader toward the base, with a pointed termination, sharply notched on the edges, of a dark green on the upper, and of a lighter hue on the under surface. It produces spikes of purple flowers ; grows in low, wet land.

*Medical Uses.*—It is administered with advantage in nervous and spasmodic affections of the stomach—spasms or pains in the bowels, vomiting, flatulence, and colic,—is very useful in bowel complaints, such as cholera morbus, cholera infantum,—weakness of the stomach or bowels. A tea should be made of a handful of this herb in a quart of boiling water, and drank freely.

*Dose.*—Of essence, a tea spoonful—essential oil a few drops at a dose, mingled with spirits if thought necessary, or preferred. The bruised fresh herb furnishes a good application to place over the regions of the stomach and bowels in colic and vomiting of infants.

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PIMPERNEL.—(*Anagallis arvensis.*)

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(*Properties.*)—ASTRINGENT, DEMULCENT, DIURETIC, ERRHINE, SUDORIFIC.

*Description.*—Scarlet Pimpernel has square, slender, procumbent stems, on which are arranged opposite, ovate leaves.

The flowers, which are of a scarlet color, are placed singly, each on a peduncle proceeding from the axils of the leaves. These are succeeded by a smooth, round, pyxis or capsule, containing numerous small seeds. The root is annual, small, and fibrous. It grows in open fields, meadows, or on banks of rivulets, flowering between May and August.

*Medical Uses.*—A decoction of Pimpernel, mixed with Holland gin, is a good remedy in contagious and malignant fevers:—persons, however, after taking it, should lie warmly covered in bed and be thrown into a free perspiration; and employ the medicine twice at the least calculation. The decoction is also excellent in hepatic or liver complaints, nephritic disorders, suppression of urine and dropsy,—and has been used in bites of rabid animals, employed at the same time both internally and externally.

A tea, likewise, made of this plant, has some reputation in epilepsy, mania, or madness, internal pains and ulcers, and is used to alleviate pains of the hemorrhoids or piles.

It may be beneficially employed as an errhine to purge the head, and is well adapted as an external application, to cleanse and heal wounds, obstinate, or foul ulcers, and to extract thorns or splinters from the flesh.

The expressed juice or distilled water dropped into the eyes, obviates dimness of sight, and may be used as a lotion or wash to remove roughness, or imperfections of the skin.

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PLANTAIN.—(*Plantago major.*)

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(*Properties.*)—ANTISEPTIC, DETERGENT, DEOBSTRUENT, DIURETIC, REFRIGERANT, VULNERARY.

*Medical Uses.*—This broad-leaved Plantain is an herb so common that it requires no description. It follows the footsteps of man in almost all parts of the world, but usually prefers cool or temperate climates.

A decoction of the root or seed, or the same taken in the

form of powder, persistingly for a number of days, as occasion requires, is attended with very beneficial results, in painful excoriations, or erosions of the bowels, serous defluxions from the head, diarrhea, dysentery, profuse menses, expectoration and urination of blood,—is effectual in bronchitis, inflammation and ulcers of the lungs, tertian and quartan agues, obstinate ulcers, piles, cankers and sores in the mouth, or in any part of the body—dropsy, jaundice, hepatic and nephritic derangements.

The distilled water, or expressed juice, dropped into the eyes allays the inflammation of the same. Persons afflicted with the earache, otorrhœa, or deafness, may, likewise find it profitable, employed by way of drops, combined with salt.

An ointment made of Plantain and *houseleek*, boiled in cream, and strained before cooling, furnishes a very soothing, cooling application in inflammations, eruptions of the skin, scalds and burns.

The expressed juice, mingled with the *oil of roses*, and applied to the forehead and temples, has a salutary effect in pains of the head attended with heat, and in cases of delirium.

Persons suffering from the poisonous bites of serpents and rabid animals, should take immediately a table spoonful of the expressed juice of Plantain and *horehound*, mingled with some vinegar. In about three quarters of an hour, take another, if requisite—likewise a tobacco leaf, saturated in whisky or rum, should be immediately applied to the part affected.

One pound and four ounces of the leaves of Plantain, prepared in decoction with two quarts of beef-brine, is an excellent application in itch, salt rheum, ring-worms, shingles, etc. A decoction should, however, at the same time, be taken to purify the blood, prepared from *peach meats*, *heartsease*, *gentian*, *sweet fern*, and *burdock* seeds and roots. The Plantains have the reputation of being excellent in the cure of wounds—their herbage is astringent, and somewhat bitter, and their seeds furnish demulcent drinks. The ancients considered it useful in visceral obstructions, hemorrhages, consumptions, and other complaints.

PLEURISY-ROOT.—(*Asclepias tuberosa.*)

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(Properties.)—CARMINATIVE, DIAPHORETIC, EXPECTORANT, FEBRIFUGE.

*Medical Uses.*—This plant is also called *butterfly-weed*, and is a purgative medicine.

In Virginia and the Carolinas it is much used in pulmonary affections. It is excellent in pleurisies, and hence its name; is likewise beneficial in all cases of difficult respiration or shortness of breath, and all diseases of the lungs; relieves pain in the breast, stomach, and intestines. The usual form of use is in decoction, or syrup, but the alcoholic extract is far preferable. The dose of this is five grains.

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POLYPODY.—(*Polypodium vulgare.*)

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(Properties.)—CATHARTIC, DEMULCENT, PECTORAL.

*Description.*—Polypody is a small plant belonging to the order of ferns, having its fructification on the inferior disk of its dark green fronds or leaves, in roundish points, which occasion a slight degree of roughness, the upper disk being smooth. It has a creeping, shallow root, with slender radicles, and grows in the clefts of decayed trees, in open places of rocks, and old walls about woods. The root is the part used in medicine, and has a sweetish taste. It is kept by the druggists.

*Medical Uses.*—Polypody is a valuable medicine to clear the system of biliary and pituitous humors, or promote healthy excretions when the humors are in a crude and vitiated state. Taken in form of sirup, in barley-water, or employed in decoction with *mallows*, it is of much utility in melancholic or hypochondriac disorders, quartan agues, enlargement and



ASCLEPIAS TUBEROSA, (Pleurisy-root.)





*POPULUS TREMULOIDES.*



*POPULUS BALSAMIFERA.*



*POPULUS GRANDIDENTATA.*



*POPULUS CANDICANS.*





XANTHOXYLUM FRAXINEUM, (Prickly Ash.)



tumefaction of the spleen, pains and stitches in the sides, and colic. Two tea spoonsful of the powdered roots taken in honeyed water, and abstaining from food, answers the foregoing purposes.

The distilled water is a good medicine, with the addition of some sugar, in coughs, shortness of breath, or labored respiration, asthma, bronchitis, catarrh, or defluxions upon the lungs, which often terminate in consumption.

An external application, prepared from the fresh roots pounded fine, or the dried, powdered roots, with honey, possesses an active efficiency in sprained joints.

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### POPLAR.—(*Populus tremuloides.*)

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(*Properties.*)—ASTRINGENT, FEBRIFUGE, STOMACHIC, TONIC.

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*Medical Uses.*—This Poplar tree is also called *American aspen*. The bark, prepared in the form of a tonic bitter, is highly valuable in dyspepsia, or a debilitated habit of body. It strengthens the stomach, and restores the digestive organs to a healthy state;—this is employed, moreover, in intermittent fevers, or agues. It possesses cleansing, healing and cooling qualities, and is well calculated by way of external application, or ointment, in cases of inflammation, wounds, tumors, scalds, and burns. Druggists keep it usually prepared in form of extract, ointment, etc.

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### POPPY.—(*Papaver somniferum.*)

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(*Properties.*)—ANODYNE, NARCOTIC, STIMULANT.

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*Description.*—White Poppy has a number of light green leaves, gashed or cut into segments or jags, on the edges,

alternate, and at their base clasping the stem: this is round, smooth, and of a sea-green color. The peduncles are long, and terminated by a single flower, with four white, roundish petals. These are followed by a round, green capsule, containing numerous seeds. From incisions made in the capsule, or in any other part of the plant, when half grown, exudes a milky juice, from which opium is obtained. The root is annual, whitish, branching, and tapering. This and the red poppy are usually cultivated in gardens.

*Medical Uses.*—A decoction or sirup, prepared from the leaves, or empty heads of poppies, may be used with good effect to procure rest and sleep for weak or debilitated persons, to stay catarrhs, or serous defluxions from the head to the stomach and lungs, which cause a continual cough—to obviate hoarseness, or loss of voice, diarrhea, or looseness of the bowels, and to allay pain. An external application of the bruised leaves, or capsules, with some vinegar, or a poultice prepared from them with barley meal, cools and abates the erysipelas, or other inflammatory disorders, heat and delirium, in intermittent fevers, or agues. An infusion, comprising one third part of Poppy flowers, and two thirds of new rum, prepared in a bottle, or in any tight, convenient vessel, and kept for use, furnishes an invaluable application in swellings, sprains, inflammations, lameness, pains, bruises, or injuries, cuts or wounds, pains in the teeth, swellings of the face and breasts arising from colds. It is useful, likewise, as a lotion in weak, inflamed, sore eyes, and dimness of sight.

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PRICKLY ASH.—(*Xanthoxylum fraxineum.*)

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(*Properties.*)—ASTRINGENT, SIALOGOGUE, STIMULANT, SUDORIFIC.

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*Medical Uses.*—The bark of this shrub or tree, applied to the gums or chewed, remarkably promotes the flow of saliva, and besides cures the toothache,—hence the name which Prickly Ash sometimes bears, *toothache tree*. As a medi-

cine it powerfully induces sweat, is very warming and strengthening to the stomach, and holds a high reputation in paralysis of the muscles of the mouth, indigestion or dyspepsia, coma or drowsiness, palsy, rheumatic disorders, ulcers or ill-conditioned sores, and is highly beneficial in all offensive or virulent humors of whatever nature or source. It imparts a full, healthy circulation to the blood.

*Dose.*—About thirty grains, or half a tea spoonful of the powdered bark infused in a gill of water with a little sugar, taken three times a day, an hour before each meal. In decoction, two scruples.

The bark, prepared by way of decoction, may be used both internally and externally in inveterate or ill-conditioned sores, etc. It is proper to observe here, Prickly Ash, as well as other species belonging to the same genus, is useful in intermittent fevers, or agues. The berries and bark are alike useful and valuable as a medicine.

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PURSLAIN.—(*Portulaca oleracea.*)

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(*Properties.*) — ANTISCORBUTIC, ANTISEPTIC, ASTRINGENT, REFRIGERANT.

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*Description.*—Purslain is an annual, low, spreading plant, with small, roundish, fleshy, succulent leaves, of a dull green color. It abounds in gardens and fields, and has been used as a salad or in other forms, from remote antiquity to the present time.

*Medical Uses.*—As a medicine, this is valuable to cool and correct the blood—to allay heat of the stomach, of the liver, or heat attending nephritic complaints, affections of the urinary passages, or hemorrhoids. It subdues bilious diarrhea, fluxes, and excoriations of the bowels, catarrhal affections, pains of the head, and delirium proceeding from fevers, or deprivation of sleep. A decoction of the bruised seed of Purslain, is said to be a vermicide for worms in children. The expressed

juice answers the above purposes, and may be employed to arrest vomiting; likewise used with good effect in inveterate coughs, shortness of breath, asthmatic affections, and immoderate thirst. The herb bruised and applied to the forehead and temples, imparts rest or repose to the patient when deprived of sleep through excessive pains of the head, heat, or other causes. It may be used as an application, to remove redness and inflammation of the eyes, ring-worms, or tetter, and other eruptive disorders, as erysipelas or St. Anthony's fire. The expressed juice, with the *oil of roses*, is employed to good advantage in sore breasts, and to allay inflammation of ulcers, wounds, or injuries. An application of this is useful in umbilical, or navel ruptures in children, and furnishes a wash or gargle which cures canker in the mouth, swollen, or spongy gums, firmly fastens loosened teeth, and remedies scorbutic affections.

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QUEEN OF THE MEADOW.—(*Eupatorium purpureum.*)

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(*Properties.*)—ASTRINGENT, DEOBSTRUENT, STIMULANT, TONIC.

*Medical Uses.*—This plant is sometime called *gravel-root*, and resembles the *boneset* or *thoroughwort* in its tonic action. It is said to afford immediate relief in backache, and is remarkably useful in dropssies, urinary suppressions, gravel complaints, and female weakness and obstructions. For these purposes it should be taken freely by way of strong decoction.

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QUEEN OF THE MEADOW.—(*Spiraea ulmaria.*)

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(*Properties.*)—ASTRINGENT, DIURETIC, DIAPHORETIC, TONIC.

*Description.*—This species of *spiraea*, sometimes called *meadow-sweet*, rises with a stalk slightly shaded with red,



EUPATORIUM PURPUREUM, (Queen of the Meadow.)



three feet or more in hight, furnished with alternate, compound, or pinnate leaves, consisting of leaflets of a dark green on the upper, and grayish on the inferior disk, somewhat deeply serrated or sharply notched on the edges, broadest toward the base, and diminishing to a point, the end one being three lobed, and largest. At the top appear numerous, small, white flowers, emitting a sweeter fragrance than the leaves. The root is perennial, blackish on the exterior, and slightly brownish within, extending radicles and fibers. It prefers, usually, wet meadows, or banks of water-courses, and flowers in July and August. This plant was introduced into the United States from Europe.

*Medical Uses.*—This plant has been much used in diarrhea and bloody flux, as well as to arrest vomiting and colic. It possesses strengthening, and highly useful diuretic qualities, and is found valuable in nephritic complaints, or obstructions of the urinary passages. It is employed by way of external application, to cure corrosive or cankerous ulcers. The distilled water is said to be useful to abate heat, or inflammation of the eyes. The root and other parts are medicinal. The leaves are recommended as mild astringents. The flowers are supposed to possess antispasmodic and diaphoretic virtues.

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#### QUEEN'S DELIGHT.—(*Stillingia sylvatica.*)

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(*Properties.*)—ALTERATIVE, CATHARTIC, EMETIC.

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*Description.*—This plant rises with stems usually two or three feet in hight, and furnished with leaves alternately arranged, oblong, blunt at the termination, tapering at the base, finely notched on the edges, stipuled, and without foot-stalks. It bears yellow flowers, which appear in May or June.

*Medical Uses.*—The root of Queen's Delight, the part used for medical purposes, has been much extolled as an alterative,

surpassing mercury in its salutary effects in derangements of the liver, and in purifying or freeing the blood from scrofulous affections, or from vitiated, virulent humors proceeding from any disease whatever; and thoroughly removes disorders of the skin. It should be borne in mind, however, moderate doses act with alterative effect, and that large doses prove emetic and cathartic. It is usually prepared in form of decoction:—put six or eight ounces of the root in four quarts of water, boil down to two quarts, add one pint of Holland gin, cork tight, and place aside for use.

*Dose.*—Three or four table spoonful, to be repeated three times a day, half an hour before each meal.

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QUINCE.—(*Pyrus Cydonia.*)

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(*Properties.*)—ASTRINGENT, DEMULCENT, STOMACHIC.

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*Description.*—This favorite tree derives its name from Cydonia, a town in Crete, where it abounds, and from whence it is said to have been first introduced. It has widely spreading branches, and attains the size of the ordinary apple tree, having leaves somewhat similar, yet thicker, broader, and containing more veins, smooth or even on the edges, and of a lighter color on the under surface. It produces large, white blossoms, usually slightly tinged with pink. The fruit when green is covered with a white nap, or frieze-like downy substance, gradually diminishing as the fruit matures, which is yellow, when ripe in October, and of a harsh, sour taste, but when prepared in preserves, is delicious. Low, humid soils are most congenial to this tree.

*Medical Uses.*—The juice of ripe quinces, when in their crude or raw state, (and not prepared by fire, since, by this process they are rendered less astringent.) may be used to check vomiting, bilious diarrhea, and other fluxes, whenever the nature of the case requires astrinctive or checking medicines. The juice of the preserved quince, with a little vin-

egar, restores a languishing or decayed appetite; with some spices is beneficial for persons who are subject to throwing up or vomiting food, strengthens the stomach, and invigorates the spirits of the debilitated patient, obtunds the acrimony of the bile, and promotes digestion. If you would have it slightly laxative, prepare with honey instead of sugar, or, if more laxative, with rhubarb. The mucilage, obtained from the seeds boiled in water, furnishes a good application to abate heat and soreness of women's breasts; and mixed with sugar, is very excellent in cases of hoarseness, aphthous affections, and excoriations of the mouth and fauces.

The downy substance found on green quinces, boiled and employed as an external application, is said to effect the cure of malignant sores.

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### RASPBERRY.—(*Rubus strigosus.*)

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(*Properties.*)—ASTRINGENT, TONIC.

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*Description.*—The red Raspberry has a reddish stem, branched, armed with prickles, four feet, more or less, in height, furnished with alternate leaves, sharply notched on the edges, whitish on the under surface, and terminating in an extended point. The flowers, which are white, usually appear in June, in drooping clusters, and are followed by a great abundance of red berries. It is found in many of the States, growing in waste, uncultivated lands, and in stony places.

*Medical Uses.*—The leaves are somewhat astringent, and employed by way of infusion, are very valuable in dysentery or bowel complaints. The Raspberry is cooling and well adapted to abate heat and thirst.

An infusion of the leaves furnish, likewise, a good external application for humors, attended with inflammation, or for any external disorders attended with soreness and irritation.

RED LOBELIA.—(*Lobelia cardinalis.*)

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(Properties.)—ANTISPASMODIC, NERVINE, VERMIFUGE.

*Medical Uses.*—This plant is sometimes called *cardinal flower*, the root of which has been highly esteemed as a nervine, and is asserted, moreover, to be employed by the Cherokee Indians for the expulsion of worms in children.

Of its other properties but little has yet been ascertained.

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ROSEMARY.—(*Rosmarinus officinalis.*)

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(Properties.)—ASTRINGENT, CARMINATIVE, CEPHALIC, TONIC.

*Description.*—Rosemary has a stalk usually between three and four feet in height, parted into numerous slender branches of a grayish color, supplied with many small, linear or very narrow, green leaves, oppositely arranged, turned back at the edge, blunt at the termination, somewhat whitish on the under surface, and without footstalks. It bears moderately large flowers, white, or presenting a slight leaden hue, disposed near the ends of the branches in clusters, or in a verticillate manner. The leaves and tops of this plant have a fragrant, aromatic smell, and a warm, bitterish, pungent taste. They are said to be a nervous stimulant.

*Medical Uses.*—Rosemary has long been in use as a medicine, and is deemed valuable in cold complaints of the head, liver, stomach and bowels. A strong decoction of the foliage or leaves, applied to the forehead and temples, and snuffed up into the nose, at the same time used internally, abates cold defluxions to the eyes, catarrh, vertigo or giddiness, headache, attacks of paralysis resulting in loss of speech, epilepsy and lethargic disorders,—helps weakness of memory, reinvigorates the functions of the brain, or excites the mind



LOBELIA CARDINALIS, (Red Lobelia.)



to vigorous action. The decoction, likewise, strengthens the retentive force of the stomach, aids digestion, obviates enlargement of the liver, flatulence, diseased gums, and possesses remarkable efficacy in promoting the growth and restoring loss of the hair,—the same, employed by way of bath or lotion, or made into an ointment, is very beneficial for persons afflicted with cold and torpid limbs, or rheumatic affections. The dried leaves, cut fine and smoked in a pipe as tobacco, are of much utility in bronchitis, asthma, coughs, or pulmonary complaints. The plant when burned in the apartments or rooms of houses, renders the air pure and salubrious.

The oil of Rosemary can be extracted after this manner:— Put a quantity of the flowers into a glass vessel, tie a thin linen cloth over the mouth, turn its top down into the opening of another glass, making it tight; then expose the same to the heat of the sun, and it will produce by distillation an oil into the lower glass. This may be kept as a very useful medicine, for internal and external use, in the foregoing cases. It has, also, been employed in dimness of sight.

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### ROSES.

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(*Properties,*)—ASTRINGENT, STYPTIC, TONIC.

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*Medical Uses.*—These possess very agreeable and valuable medicinal qualities, being prepared in various forms—by way of conserve, sirup, oil of roses, infusion, decoction, rose water, etc. Those which are partially blown, possess more cooling and astringent qualities than the full blown flowers. An infusion of them in wine, is useful as an application in headache, earache, inflammation and pain of the eyes, and as a wash in soreness of the gums and throat; the same, likewise, may be used internally, and applied with some of the flowers externally, to relieve inflammation of the heart, or stomach. A decoction of the heads or cups with the seeds,

checks diarrhea, dysentery, and spitting of blood. Roses strengthen the liver and retentive force of the stomach, alleviate pain attended with heat, allays inflammation, and procures rest or repose. Rose water is of much utility in redness or inflammation of the eyes. The *conserve* is excellent in tremors, and palpitation of the heart, fainting or swooning, weakness at the stomach, dyspeptic complaints, bleeding, weakness and ulceration of the lungs. It may be taken in the quantity of three or four ounces a day, by itself, or dissolved in a little warm milk; if the patient be afflicted with a cough, a little of the sirup of *poppies* should be added—administer an hour before eating. Honey of roses may be used in form of a gargle, or wash, to cleanse and heal canker, or sores in the mouth and throat, to stay defluxions of humors, catarrhs, etc.

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RUE.—(*Ruta graveolens.*)

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(*Properties.*)—ANTHELMINTIC, ANTISPASMODIC, DIURETIC, EMMENAGOGUE, STIMULANT, STOMACHIC, SUDORIFIC, TONIC.

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*Description.*—Ordinary garden Rue possesses a strong, uncongenial odor, and a bitter, penetrating taste. It is perennial, and has a number of stems, more than two feet in height, branched, suffruticose, or woody at the base, but above, green and soft, not woody. Leaves of a sea-green color, bipinnate, consisting of leaflets thick and slightly uneven on the edges, inversely ovate, and without footstalks. Flowers terminal, yellow, and on peduncles, branching into a corymb. It is found in gardens, producing flowers through July and August.

*Medical Uses.*—Rue has been employed as a medicine from remote antiquity, and there has been ample room to test its true medicinal power. An infusion of the leaves with some leaves of *dill*, used internally and externally, remove severe sciatic, or rheumatic pains, pains of the chest and sides, labored or difficult respiration, flatulent colic, and hysteria.





CROCUS SATIVUS, (Saffron.)

Boiled in water to the consumption of one-half, with the addition of some honey, it proves a vermifuge. An ointment, prepared from the expressed juice, with the oil of roses, wax, and a little pure vinegar, is a serviceable application in erysipelas, or St. Anthony's fire, running sores of the head, or offensive ulcers in any part of the body. Rue acts on the nerves—corrects a defect of the usual secretions, is capable of producing powerful determination to the uterus, thereby removing uterine obstructions, or acting as an emmenagogue; and not unfrequently in large doses, produces abortion—therefore is in no way fit to be taken in cases of pregnancy, especially, since in a number of instances it has been known to be attended with very serious consequences, by inducing hazardous inflammation of the bowels and uterus. The highly excitant property which it manifests in excessive or improper doses, by inducing a risky or unsafe irritation, should enjoin prudence in its administration or use. The leaves are so acrid that, by much handling, they have been known to irritate and inflame the skin, hence it has been considered a powerful stimulant.

*Dose.*—From one-fourth to a half of a level tea spoonful of the powder, three times a day before eating.

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SAFFRON.—(*Crocus sativus.*)

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(*Properties.*)—CORDIAL, STOMACHIC, SUDORIFIC,

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*Description.*—Good Saffron has a sweetish, penetrating, diffusive odor; a warm, pungent, bitterish taste; and a rich, deep orange-yellow color. It yields its color and active ingredients to water, alcohol, proof-spirit, wine, vinegar, and in a smaller degree to ether. By distillation with water it affords a small quantity of a heavy, golden-yellow colored volatile oil; and it is to this oil that Saffron owes its active properties: it is said that thirty-two parts of Saffron yield one of oil. It is cultivated abundantly for medicinal uses.

*Medical Uses.*—Saffron as a medicine, in moderate doses, stimulates the stomach, and in large doses, it excites the heart and vascular system, or produces immoderate mirth. It is very useful to promote the eruption of exanthematous disorders, as measles, small-pox, chicken-pox, and is of great advantage in malignant, or putrid spotted epidemic fevers, by determining to the surface, or inducing perspiration. The mode of use is by way of infusion or tea.

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SAGE.—(*Salvia officinalis.*)

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(*Properties.*)—ANTISPASMODIC, BALSAMIC, STOMACHIC, SUDORIFIC.

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*Description.*—Garden Sage has a fragrant, strong smell, and a warm, bitterish, aromatic taste, like other plants containing an essential oil. It has a suffruticose, pubescent, branchy, square stem, between one and a half and two feet in height, set with opposite, wrinkled, grayish green leaves, broader toward the base, and gradually diminishing to a point, edges slightly uneven, or, as it were, minutely scolloped. The flowers, which are of a bluish hue, appear in small axillary clusters one above another, or in a whorl-like form, being in flower about the month of June or July. It is extensively cultivated in gardens.

*Medical Uses.*—Sage taken by way of infusion or tea, helps the liver, creates or increases blood, relieves headache, clears the brain, or reinvigorates the mental faculties; and infused with wormwood in rum, is very useful in bloody flux, corrects both tardy and profuse menses. The same used as a warm external application, relieves pains and stitches in the sides. Three spoonsful of the expressed juice, with the addition of a little honey, taken abstaining from food, affords present relief in spitting of blood incident to persons in consumption, and is beneficial in hoarseness and coughs. The expressed juice, taken with pure vinegar, is said to be pre-

ventive against malignant, epidemic diseases. An infusion of Sage, *rosemary*, *honey-suckle*, and *plaintain*, in wine or water with some alum, furnishes a good gargle in aphthous affections, or canker of the mouth and throat. Pills are valuable, prepared after the following manner :—Take *spikenard* and *ginger*, two drachms of each,—seeds of Sage dried and slightly baked by fire, one ounce—*long pepper*, one ounce and a half. The whole being reduced to powder, add as much of the expressed juice of Sage, as will be sufficient to form the mixture into pills.

*Dose*—One drachm, or about a tea spoonful, taking after them a little pure water. Sage is a very beneficial medicine in any rheumatic pains of the head, limbs, etc., proceeding from cold, vitiated humors—in epilepsy, palsy, lethargic complaints, or drowsiness, catarrhal affections, and disorders of the chest.

Sage tea, with the addition of a little lemon juice, is a good drink in fever. Persons troubled with night sweats, are usually cured by taking cold sage tea, often and copiously, night and morning, abstaining from food. But in case persons wish to excite perspiration, they should have recourse to warm sage tea.

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ST. JOHN'S WORT.—(*Hypericum perforatum.*)

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(Properties.)—ASTRINGENT, BALSAMIC, DIAPHORETIC, DIURETIC, STYPTIC, TONIC.

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*Description.*—St. John's Wort has erect, round, hard, yellowish brown stems, one or two feet in height, and from the upper half puts forth opposite floriferous branches up to the top. The leaves are placed opposite in couplets, of a deep green color, moderately narrow, without footstalks, broader at the base and diminishing to a termination—their surface being stamped with transparent dots, or apparently full of

small perforations. At the termination of the stems and branches appear yellow flowers in clusters, with yellow anthers and five petals. These are succeeded by round capsules containing small, oblong, dark seeds, emitting a resinous scent. The root is perennial, woody, with many branches and fibres, and of a brownish color. It grows in fields and waste grounds, usually flowering in July.

*Medical Uses.*—St. John's Wort is a peculiar wound plant, possessing properties fully as efficacious as any we find; and may be infused in wine, and taken for internal injuries, or be prepared in the form of oil, ointment, bath or lotion, for external use. It possesses the efficacy to remove obstructions, to disperse swellings, and to obviate weakness or debility. An infusion of the foliage and flowers, but more especially the seeds, in wine, or the powdered seeds drank with the juice of *knot-grass*, affords great relief in spitting or vomiting of blood, resulting from the rupture of a blood vessel, or other injuries and difficulties—is valuable in dysentery, suppressed urine, and consumption. Two tea spoonsful of the powdered seed of St. John's Wort, drank in some warm beverage, mildly removes morbid acrid matter, or coagulated blood, from the stomach. If patients affected with tertian, or quartan agues, take a warm infusion of the leaves and seeds before the paroxysms come on, they will find this medicine to alter the fits materially, and by frequent, persistent use entirely remove them. An infusion of the seeds, moreover, is asserted to be valuable in sciatic rheumatism, epilepsy, and palsy, when taken daily for six weeks in succession. This plant has performed some remarkable cures in maladies of the chest and lungs, and is useful in jaundice and delirium. An infusion of this plant, together with *black cohosh*, *featherfew*, *dill*, *gentian*, and *motherwort*, with the addition of a little wine and nutmeg, drank frequently during the day, is an approved medicine to procure speedy menstruation, and to void the still-birth and the after-birth:—sitting over the hot fumes of the decoction of these herbs, may answer the same purpose, and in some cases, a warm application of the boiled herb to the parts, may be necessary.

**SARSAPARILLA.—(*Aralia nudicaulis.*)**

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(*Properties.*) — ALTERATIVE, DEMULCENT, DEOBSTRUENT, DIAPHORETIC.

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*Description.*—American Sarsaparilla rises with a leaf standing on a long footstalk, and likewise with a bare scape or flower stem, with three umbels of yellowish flowers at the top, presenting a shade of green, which are succeeded by round berries. The leaf is composed of oblong leaflets, rounded at the foot, with an extended termination, and notched on the edges. The plant is eighteen inches or less in height, being found in fertile grounds about woods, producing flowers in May and June.

*Medical Uses.*—This plant ranks high as an alterative, and combined with *guaiacum*, is invaluable in impurities of the blood, ill-conditioned sores, scrofula or king's evil, rheumatism, general languor or debility—likewise, in all virulent humors, resulting from a contaminated state of the blood, and fully obviates the bad state of health proceeding from the use of mercury. The patient, while taking this medicine, gradually improves, and gains appetite and strength. The root is the part used for medicinal purposes. It may be prepared by way of decoction or sirup.

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**SASSAFRAS.—(*Laurus sassafras.*)**

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(*Properties.*)—ALTERATIVE, APERIENT, STIMULANT, SUDORIFIC, TONIC.

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*Description.*—The wood of this tree has a fragrant smell, and a sweetish, aromatic, sub-acrid taste; the root, wood, and bark agree in their medicinal qualities, but the bark is the most fragrant. The only officinal preparation of it is the essential oil, which may be given in the dose of from two to

ten drops. Sassafras varies in size in different localities or latitudes, growing in some places only to an inferior or dwarfish size, while in others which are more congenial or favorable to its growth, it attains the hight of twenty-five or forty feet and even more. The bark of the stem and larger parts of the tree is rough or furrowed with somewhat deep crevices, while the ultimate ramifications or terminal shoots are smooth and of an elegant green. The leaves are alternately arranged, entire, somewhat elliptical or oval, differing, however, in shape and size, being sometimes lobed.

*Medical Uses.*—The bark of the branches of this tree has been employed, but is quite inferior to the bark of the root for medicinal purposes, which sustains a high reputation in all eruptions or humors of the skin, salt rheum, a vitiated, or corrupt state of blood proceeding from a scrofulous habit of body, or any malady which poisons the blood, or engenders virulent, or deleterious humors. It removes mercurial taints, etc., from the system; has proved, likewise, of great service in chronic rheumatism. It should be combined with *guaiacum*, *sarsaparilla*, *elder bark*, and *yellow dock root*, and taken in the form of infusion or sirup. Sassafras steeped in water is a valuable wash for all kinds of humors. The essence may be given internally in all cases of a gangrenous tendency, and particularly of the bowels.

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SAVINE.—(*Juniperus sabina*.)

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(*Properties.*)—ABORTIVE, DEOBSTRUENT, DIURETIC, EMMENOGogue, STIMULANT.

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*Description.*—The leaves and tops of Savine possess a hot, aromatic, and disagreeable taste. This evergreen shrub or tree, grows often small, yet sometimes attains the hight of fourteen or sixteen feet, having many branches and ramifications or young shoots, the latter being of a bright green. The leaves are small, and envelop the small shoots, being oppositely arranged in an imbricated form, or one overlapping

another in layers, tending to a dark green color, and with a lanceolate or pointed termination. It flowers in the months of May and June, and produces a dark purple berry, larger at the base than at its top. Savine is a native of Europe, and we find it, moreover, in some parts of the United States.

*Medical Uses.*—Savine is, in a very high degree, stimulating, diffusing its power through the system—promotes the secretions of the skin, and by its characteristic affinity, determines to the uterus, or increases the secretions of that organ as a powerful emmenagogue. It possesses the power in excessive doses to bring on inflammation of the stomach, bowels, and uterus, therefore should never be employed in cases of pregnancy. We regret to state, that many have effected the most sinful, or reprehensible purposes, by taking this medicine, and have thereby even hazarded life and health.

It is much used in amenorrhea, but requires great care and prudence in its administration, and should be given in no case where partial or general irritation exists.

*Dose.*—Of the powder not above twenty grains, taken three times a day.

This medicine is usually kept by apothecaries. The powder, employed by way of external application, is considered useful in scrofula or king's-evil, running sores, corrosive or cancerous humors, ring-worms, or tetter. A strong decoction of this plant in lard and wax forms a useful ointment to keep up a constant discharge from blisters

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SAVORY.—(*Satureia hortensis.*)

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(*Properties.*)—ANTISPASMODIC, CARMINATIVE, STIMULANT, STOMACHIC.

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*Medical Uses.*—This is a well known aromatic garden plant, usually called summer Savory. Winter Savory (*Satureia montana,*) is likewise cultivated, and possesses very similar qualities. It has a warm, aromatic, penetrating taste, and smells like *thyme*, but is milder. It is a valuable remedy

in colic, flatulence, attenuates and aids to expectorate tough mucus from the chest and lungs.—Taken by way of warm infusion. The expressed juice employed as an ermine helps coma or drowsiness; likewise, being warmed with the *oil of roses*, and dropped into the ears, obviates ringing or noises in the same, deafness, etc. Savory, applied in the form of a poultice, affords relief in rheumatic disorders and palsied limbs, and removes pains proceeding from stings of bees, wasps, etc.

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SCURVY-GRASS.—(*Cochlearia officinalis.*)

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(*Properties.*)—ANTISCORBUTIC, APERIENT, DIURETIC, STIMULANT.

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Lemon Scurvy-grass is a smooth, herbaceous plant, rising with a collection of glossy, dull green root-leaves, roundish, or spoon-shaped, and standing on long footstalks, hence it bears the name of *spoon-wort*. The stem or stems are short, slender, and branched, usually less than three-fourths of a foot in height, furnished with oblong leaves, alternately arranged, and slightly waved on the edges. It produces at the top many white flowers in clusters, the four petals of which are cruciate, or in the form of a cross. These are followed by many brownish seeds, contained in pods. The root consists of numerous shoots or fibres, white, and extending deep in the moist and marshy soil near the *sea coast*, where it most delights to grow. This plant was introduced from Europe into the United States, where it is now cultivated. *C. coronopus*, wild scurvy-grass, is very similar.

*Medical Uses.*—A decoction, or the expressed juice of Scurvy-grass, taken three times a day, an hour before eating, in any convenient beverage, is valuable in scurvy and all impurities of the blood, inasmuch as it removes visceral obstructions, resolves the viscosity of the humors, and promotes the healthy secretions of the system. The expressed juice is employed as a gargle to heal scurvy of the gums and canker in the mouth, likewise in the form of a lotion to remove spots and blemishes of the skin. It is sometimes used as a salad.



POLYGALA SENECA, (Seneca Snake-root.)



SELF-HEAL.—(*Prunella vulgaris.*)

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(Properties.)—ASTRINGENT, STYPTIC.

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*Description.*—Self-heal, or *heal-all*, is a low, creeping, labiate plant, appearing at first with small, roundish pointed leaves, of a dark, green color, and smooth or even on the edges. The stems are square, pubescent, sometimes branched, scarce a foot in hight, and set with small, opposite leaves. Flowers of a bluish purple, or of a paler blue color, monopetalous, parted at the border into two opposite divisions or lips, the lower of which is three lobed. The root is fibrous, and spreading—the small stems, moreover, creeping upon the ground, take root and largely increase. It displays its flowers about May, and is found in woods, fields, and elsewhere.

*Medical Uses.*—This plant, taken in the form of sirup, and employed externally by way of ointments, plasters, etc., is used with good success, both in internal and external wounds, ulcers, bruises, falls, and injuries—it represses the heat or acrimony of the humors, allays inflammation or swelling, and averts the flow of blood or humors to parts affected with wounds or sores, and facilitates their cure. Self-heal furnishes an excellent medicament, which speedily conglutinates recent incised wounds, counteracts the formation of fungous or proud flesh, and gangrenous tendencies. The expressed juice mixed with the *honey of roses*, as a gargle, heals aphthous affections of the mouth and fauces, or canker in the mouth and throat.

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SENEKA SNAKE-ROOT.—(*Polygala senega.*)

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(Properties.)—DIURETIC, EXPECTORANT, STIMULANT, SUDORIFIC.

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*Description.*—This plant, otherwise called *rattle snake root*. has a number of smooth, erect stems, a foot or less in hight,

presenting sometimes a reddish hue at the bottom, green above, furnished with leaves gradually tapering to a point, smooth, and of a lucid green on the upper surface. It produces at the top white flowers disposed in the form of a spike. The root is perennial, jointed, branched, and variously contorted, or twisted. It is found growing wild in various parts of the United States.

*Medical Uses.*—It acts as a sudorific and expectorant in small doses, and in large doses, as an emetic and cathartic. It is useful in pleurisy, pneumonia, asthma, chronic catarrh, croup, chronic rheumatism, dropsy, fevers, and amenorrhea. For the cure of dropsy, administer first an emetic, and give, twelve times a day, at regular intervals, a table spoonful of the decoction, prepared by boiling an ounce of the root in one quart of water until reduced to half in quantity. In cases of croup, administer, as a first step, an emetic, then give freely of the decoction every hour or two. The dose of Seneka, in powder, is from twenty to thirty grains. The Seneka Snake-root is also deemed an antidote to snake bites.

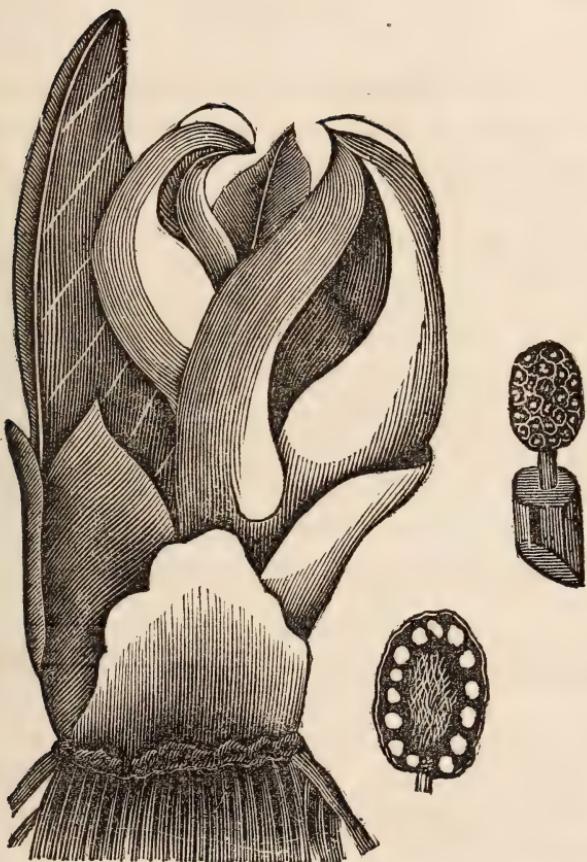
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SKUNK CABBAGE.—(*Ictodes foetidus.*)

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(*Properties.*)—ANTISPASMODIC, EXPECTORANT, NERVINE.

*Medical Uses.*—This plant, otherwise called *meadow-cabbage*, or *swamp-cabbage*, is very well known, being readily distinguished by its broad, green, cabbage-like leaves, which are noted for their fetid odor. It is found growing in low, wet, swampy grounds. The roots and seeds, the parts used in medicine, have the reputation of being powerful antispasmodics and expectorants. The root is valuable in catarrhal affections of aged persons, hooping cough, spasmodic pains, chronic rheumatism, dropsy, hysteria, or nervous weakness of females, and as a palliative in paroxysms of asthma. For dropsy and chronic rheumatism, make a strong decoction of the root in a quart of water, boil down to one-half, pour off



ICTODES FŒTIDA, (Swamp-Cabbage.)



clear, permit it to cool,—then add a pint of Holland gin, and take three or four table spoonsful, three times a day, an hour before eating. An overdose produces vomiting, headache, and temporary blindness.

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### SLIPPERY ELM.—(*Ulmus fulva.*)

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(*Properties.*)—DEMULCENT, DIURETIC, EMOLlient, TONIC.

*Medical Uses.*—This tree abounds in the United States, and its bark may be obtained at any of the drug stores—it has an agreeable odor, and its mucilage is very nutritious. As a medicine it is much resorted to, both for internal and external purposes. It is valuable in bowel complaints, catarrh, disorders of the urinary passages, piles, and other complaints, where demulcent medicines are requisite. For external treatment, it is much used as an emollient in sores attended with inflammation, abscesses, and diseases of the skin. It is very strengthening to the lungs, stomach, and entire system, as well as very purifying to the blood. Taken by way of infusion, or tea. The pulverized bark, moistened with warm water, forms an excellent cataplasm or poultice in boils, abscesses, and similar sores.

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### SMART-WEED.—(*Polygonum hydropiper.*)

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(*Properties.*)—ANTISEPTIC, DIURETIC, STIMULANT, SUDORIFIC.

*Medical Uses.*—Smart-weed, or *water pepper*, is merely a weed with a jointed stem, furnished with alternate leaves, tapering to a point, in shape somewhat similar to the peach-leaf, and of a pungent or biting taste. It grows plentifully over low, waste, wet grounds, and flowers about June. A

warm application of it disperses swellings and coagulated blood of contusions, and the leaves merely bruised furnish an effectual application in recent wounds and sprains. Smart-weed is given successfully in scurvy, cachexia, asthma, and hypochondriacal disorders. A tea, likewise of this plant counteracts vomiting and mortification, and is considered a valuable emmenagogue. Persons troubled with gravel complaints, should make a pint of Smart-weed tea, then add one gill of Holland gin, and take the whole during the day. This often proves a cure. The medicine, however, when scalded in its preparation, is very much impaired in its virtues. The powdered leaves, or tincture may be taken in tea spoonful doses, three or four times a day.

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### SOAPWORT.—(*Saponaria officinalis.*)

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(*Properties.*)—ALTERATIVE, DIURETIC, TONIC.

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*Description.*—Soapwort, otherwise called *bouncing bet*, usually rises between one and two feet in height. The stems have tumid nodes or joints, and are furnished with opposite, smooth, entire, lanceolate leaves. It bears flowers almost white, presenting a very small shade of purple—these appear in July and August.

*Medical Uses.*—This plant is well calculated to remove visceral obstructions, and to act as a purifier of the blood, to impart strength and tone to the system. It removes rheumatism, jaundice, scrofulous affections, or any taints or corrupt humors proceeding from any disease. It is said to possess diuretic powers, and to be useful in dropsy. It may be taken freely by way of decoction. The root, moreover, is employed medicinally; it has no peculiar smell; is sweetish, glutinous, somewhat bitter, and slightly acid. It is said to be alterative, and was formerly used in gout and the above complaints, in the form of decoction.



CONVALLARIA MULTIFLOEA, (Solomon's Seal.)



SOLOMON'S SEAL.—(*Convallaria multiflora.*)

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(Properties.)—ASTRINGENT, BALSAMIC, DEMULCENT, PECTORAL.

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*Description.*—This plant rises with a smooth, herbaceous stem, from one foot to eighteen inches in height, nearly round, or ancillary, drooping or bending. The leaves are alternate, moderately large, pointed, having parallel veins or nerves, embracing the stem at the base, of a bluish green on the upper, and of a faint or sea-green color on the under surface. It bears small, long, white, hollow, pendulous flowers, hanging on one side of the stem, parted at the limbus or border into five points or segments. These are followed by small, round berries, or three-celled capsules, of a dark green when ripe, containing small, hard, white seeds. The root is perennial, about the thickness of one's finger, white, and having knobs or tubers marked with seal-like depressions, growing under the upper crust of the ground, and having fibers attached beneath. It is found in various parts of the United States, growing in rocky, woody places, on banks of streams, and elsewhere, flowering in May or about that time. It is considered to possess qualities similar to those of the other kind of Solomon's Seal.

*Medical Uses.*—The root is the part used for medical purposes, which possess a mucilaginous quality, is a very mild, and yet a very healing restorative, being useful in all cases of female weakness. It is recommended in consumption and general debility, fluor albus, and profuse menses. The mucilage is very excellent in cases of inflammation, piles, etc. The root is employed in the form of discutient poultices in various kinds of tumors, bruises, or inflammations, accompanied by extravasation of blood. It conglutinates and heals recent cuts or wounds, dries, cicatrizes, and cures sores, wounds, or ulcers of long standing, having a tendency to counteract the exudation of the humors which prevent their cure. An infusion of the root in wine is considered valuable

in ruptures or internal injuries. It is useful in diarrhea and dysentery. This medicine may be taken in form of tea, sirup, or cordial.

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### SORREL.—(*Rumex acetosa.*)

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(*Properties.*) — ASTRINGENT, ANTISCORBUTIC, ANTISEPTIC, ANTISTRUMOUS, DISCUTIENT, REFRIGERANT TONIC.

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*Medical Uses.*—Common Sorrel is of much service to allay heat in intermittent, or other fevers. It quenches thirst, imparts tone to the stomach, restores decayed appetite, and upon the whole, is an invaluable cordial, inasmuch as it animates, or imparts renewed strength and vitality to patients when weak and depressed. It obviates the corrupt state of the blood—corrects the acrimony of the humors in the bloody flux or dysentery. A decoction of the root is a useful medicine in jaundice, cures canker in the stomach or bowels, and expels worms. The expressed juice, with a little vinegar, possesses great efficacy in tinea capitis or scald head, ring-worms or tetter,—likewise, discusses scrofulous indurations of the throat; and employed as a gargle, cures the aphthæ or canker in the mouth. The herb, or distilled water answers the above purposes. It is good in cases of scurvy.

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### SORREL.—(*Oxalis acetosella.*)

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(*Properties.*) — ANTISCORBUTIC, ANTISEPTIC, ANTISTRUMOUS, ASTRINGENT, DISCUTIENT, REFRIGERANT, TONIC.

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*Description.*—Wood Sorrel grows low upon the ground, with a few small leaves rising from the root, standing on slender footstalks a few inches in length, and reddish at the bot-

tom—these leaves are compound or trifoliate, that is, having three leaves on a single footstalk, after the manner of trefoil—they are nicked in the center of the termination, or inversely heart-shaped, of a faint yellowish green color, and of a very agreeable sour taste. There arise, also, weak, slender flower stems, each bearing a single flower, consisting of five small, whitish leaves, with a blunt, slightly crenulate termination. It has a small, reddish, horizontal root, and inhabits moist, shady places in woods, or places not much exposed to the sun, flowering in May.

*Medical Uses.*—Wood Sorrel is similar in its qualities to the ordinary sorrel, yet it is considered preferable to cleanse the blood, assuage inflammation, quench thirst, to strengthen the stomach, procure appetite, and check vomiting. It is excellent as a beverage in all febrile disorders, allaying heat or inflammation, and abating fever. The distilled water, or a sirup prepared from the plant is well adapted to the above purposes. A strong decoction, with which cloths are saturated and applied, tends greatly to cool and subdue hot swellings, or inflammation—and a like decoction employed very often through the day as a gargle, cures obstinate, offensive canker in the mouth. Wood Sorrel readily heals cuts or wounds, arrests bleeding, allays inflammation of the throat and lungs, and is useful, likewise, in the cure of cancers. For the cure of cancers a salve should be made of the Sorrel, and applied to the part affected.

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#### SOUTHERN SORREL.—(*Rumex acetosa.*)

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(*Properties.*)—ASTRINGENT, ANTISEPTIC, ANTISTRUMOUS, DISCUTIENT, REFRIGERANT.

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*Description.*—This plant has oblong, pointed leaves of a lucid green color,—those rising from the root are supported on long footstalks—the stem leaves being sessile or without

footstalks. It has an upright stem, varying from seven to twelve inches in height, and of a reddish color. The flowers have weak peduncles and are arranged in terminal, branched spikes. It flowers in July, and continues into autumn.

*Medical Uses.*—The properties of this plant are very similar to those of *wood sorrel* and *common sorrel*, and the one is used in lieu of the other. It has a high reputation in the cure of cancers, having long been used by the *Indians* for this purpose, and a knowledge of it was for some time confined to a few, who had great success and fame in the cure of cancers. The bruised leaves form an invaluable application for serofulous swellings and indurations. A salve prepared from the leaves and applied by way of plaster is the best form of use for cancers. The plaster at times should be changed, and the cancer cleansed or washed at each change. The expressed juice, or bruised leaves, have done wonders in cancerous swellings.

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#### SOUTHERN-WOOD.—(*Artemisia abrotanum.*)

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#### (Properties.)—DETERGENT, NERVINE, STIMULANT, TONIC.

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*Medical Uses.*—Southern-wood has a strong, agreeable smell; a pungent, bitter, and somewhat nauseous taste. It is cultivated in gardens, and is a congener to wormwood. It flowers mostly in July and August. An infusion of the bruised seed in warm water is taken with good advantage in ruptures, strains, cramps, rheumatic affections, strangury, and suppressed menses,—it is likewise a vermifuge. The bruised leaves furnish a very suitable application in sprains, bruises, and to detach and extract splinters from the flesh. Made into a beer and taken it is very strengthening to the system. The ashes of the plant is said to be a good application for indolent ulcers.



ARALIA RACEMOSA, (Spikenard.)



SPEARMINT.—(*Mentha viridis.*)

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(Properties.)—ANTEMETIC, ANTISPSAMODIC, CARMINATIVE, DIURETIC, STIMULANT, TONIC.

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*Description.*—Spearmint has erect, square, hollow, branched stems, not far from one foot or a foot and a half in height, furnished with deep green leaves, arranged in couplets close to the stem, moderately large, elliptical, serrated, and pointed. It possesses a pleasant aromatic scent, and bears purplish flowers, which usually appear in August. The root is perennial, spreading, and fibrous.

*Medical Uses.*—An infusion of Spearmint and peach leaves, about one handful of each, obviates hiccup, bitter eructations, violent vomiting, and redundancy of the bile. The leaves steeped in milk prevent its curdling in the stomach, and is a corroborant, or strengthening medicine. An infusion of Spearmint in wine is considered useful in strangury and nephritic complaints, removes coldness and obstructions of the liver, restores appetite, promotes digestion, or imparts new tone and vigor to the stomach and bowels. It relieves flatulence, spasms, and colic, or spasmotic pains of the stomach and bowels. The fresh plant, bruised and applied to its region, abates nausea or sickness of the stomach, and is valuable in cholera morbus of infants. Persons troubled with rheumatic difficulties, should make use of the oil of Spearmint mixed with old lard, in the form of liniment.

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SPIGNET OR SPIKENARD.—(*Aralia racemosa.*)

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(Properties.)—EMOLlient, PECTORAL, TONIC.

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*Medical Uses.*—The Indians consider this plant valuable by way of poultice, for all kinds of wounds, ulcers, and ring-

worms; and for coughs, female complaints, and as a general tonic. The roots and berries are held in high estimation throughout the United States; taken by way of infusion or sirup.

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### SQUILLS.—(*Scilla maritima.*)

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(*Properties.*)—DIURETIC, EMETIC, EXPECTORANT, PURGATIVE, STIMULANT.

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*Medical Uses.*—The large bulbous root of Squills is much employed in medicine. From one to three grains of the powder is the dose usually taken. It is valuable in asthmatic disorders, affections of the chest accompanied with the secretions of thick mucus, coughs, and lung fevers. It is very useful, likewise, in cases of dropsy, its operation being very powerful on the kidneys; when made into a sirup with sweet spirits of nitre, with the addition of two or three grains of mandrake, it serves to void the extravasated water of the dropsy.

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### STRAWBERRY.—(*Fragaria Virginiana.*)

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(*Properties.*)—ASTRINGENT, FEBRIFUGE, REFRIGERANT.

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*Medical Uses.*—There are various kinds of this well-known delicious fruit, and the plant is very extensively cultivated. It begins to flower in May and produces fruit shortly after. The berries are valuable to allay heat of the liver, or the heated state of the blood generally, to refresh the debilitated patient, and abate inflammation,—yet it would be advisable to refrain from their use in febrile disorders, lest they should have a putrescent tendency on the stomach and thus enhance the fever. An infusion of the leaves and roots is well adapted to fevers, and the above purposes, or inflammation of the urinary organs,—promotes the urinary secretions, abates the

heat and sharpness of the same—checks diarrhea and dysentery, helps catarrhal affections, and as a wash, remedies loosened teeth or diseased gums, sores in the mouth or other localities. The distilled water or expressed juice is a very good cordial in palpitation of the heart, and is useful in jaundice; is beneficial, likewise, as an application in redness, or inflammation of the eyes, and affords an excellent lotion in redness of the face, eruptions attended with heat, pimples, spots, or other imperfections of the skin.

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SUCCORY.—(*Cichorium intybus.*)

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(Properties.)—APERIENT, DEOBSTRUENT, DISCUTIENT, TONIC.

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*Description.*—Blue or wild Succory produces at first, long leaves lying upon the ground, cut in or divided on the edges, and terminating in a point. Among these starts up an angular stem, branched, between two and three feet in height, and furnished with alternate, smaller, and less divided leaves. It bears large, blue, compound flowers. The root is perennial, of a light yellow on the exterior, and white within, long, and having a few shoots. The plant is very bitter, and grows in waste, neglected ground, or about borders of fields.

*Medical Uses.*—A tea made of a handful of the leaves or roots of Succory, and a wine glassful taken an hour before eating, obviates obstructions of the liver and spleen, or other visceral obstructions—is of much service in jaundice, dropsy, dyspepsia, chronic vitiated or morbid state of the functions, attended with general derangement of the system, or consumptive complaints,—fainting or swooning, burning sensations at the stomach, heat of the blood, and hepatic congestion. A like tea sweetened with molasses is excellent in piles. An external application formed of the bruised leaves saturated in vinegar, is employed to good advantage to subdue erysipelas or St. Anthony's fire, swellings, inflammations,

and malignant sores. The distilled water is very beneficial in redness, or inflammation of the eyes, and in pain resulting from lacteal profusion in the breasts of nursing women.

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### SUMACH.—(*Rhus glabrum.*)

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(*Properties.*)—ASTRINGENT, ANTISEPTIC, DIURETIC, REFRIGERANT, TONIC.

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*Description.*—Upland Sumach is a shrub or tree, which rises from eight to eleven feet or more in height, spreading into irregular branches, furnished with pinnate leaves, consisting of leaflets arranged on each side of a long leaf stem, common to the whole, large at the base, and gradually tapering to a point, notched on the edges, and smooth on the upper surface. It bears a vast number of small, white, five-petaled flowers, formed in branched spikes,—these appear in June or July, and are succeeded by roundish, red berries. It is found in woods, in neglected upland grounds, or on the skirts of forests.

*Medical Uses.*—This kind of Sumach possesses no poisonous qualities, and is much used in medicine. It imparts strength and tone to the system, and counteracts putrescent tendencies. An infusion of the berries is of great worth in fevers, furnishes an excellent gargle for canker in the mouth and ulcerations of the throat, besides is an active diuretic, or useful in obstructions of the urinary passages. The bark of the root, prepared in form of a poultice, is highly valuable in burns and chronic ulcers. Ulcers arising from vitiated blood, or a bad habit of body, should not be too speedily dried up, at least not until suitable internal medicines have been taken to work off impurities of the system. It is said by Dr. Fahnestock, that an infusion of the bark of the root is almost a specific for mercurial salivation. The leaves of this plant are astringent.



**MYRICA GALE**, (Sweet Gale.



SWEET GALE.—(*Myrica gale.*)

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*Properties.*) — ANTIPSORIC, AROMATIC, STIMULANT, STOMACHIC, VERMIFUGE.

*Medical Uses.* — This plant, which we find growing in Canada and the Northern States, is often called *duch myrtle* or *sweet willow*. The leaves, flowers, and seeds, have a strong, fragrant smell, and a bitter taste. The infusion, given internally, is stomachic and vermifuge. An ointment or infusion made of the fruit is said to cure the itch by a few applications.

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TANSY.—(*Tanacetum vulgare.*)

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*(Properties.)* — ANTISPASMODIC, ANTHELMINTIC, CARMINATIVE, EMMENAGOGUE, STOMACHIC, TONIC.

*Description.* — Tansy rises with a stout, erect stem, two and a half feet, more or less, in height, furrowed, or marked with parallel lines or grooves, branched near the top, and furnished with bipinnatifid leaves: that is, pinnatifid leaves with their segments or divisions pinnatifid, or cut into jags and notched on the edges. The flowers, which are yellow, appear from July to September, disposed at the top in dense clusters, in the form of corymbs. Tansy is found in gardens, likewise grows wild by sides of neglected fields and elsewhere.

*Medical Uses.* — An infusion of double Tansy in beer, taken in the spring time, is highly valuable to remove impurities of the blood, and create a healthy action throughout the system. It remedies strangury, weakness and obstructions of the kidneys, colic, or griping pains, flatulency in the stomach and bowels, and procures the menses,—likewise prevents miscarriage. The herb fried with eggs aids the digestion of humors which are deleterious to health, or promotes their eva-

uation. The seed or expressed juice is very beneficially administered for worms in children. Tansy boiled in oil furnishes a very good external application for contracted muscles and rheumatic affections of the limbs. Persons troubled with weak stomachs, and having an aversion to food, will rarely find a better medicine than Tansy. It is said that if fresh meat be rubbed with it the flesh fly will not injure it.

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### THYME.—(*Thymus vulgaris.*)

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(*Properties.*)—ANTISPASMODIC, CARMINATIVE, PARTURIENT, STOMACHIC, TONIC.

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*Medical Uses.*—Garden Thyme is a warm, pungent, aromatic plant, and obviates shortness of breath, acts as an excellent corroborant or strengthening medicine in complaints of the lungs, and its virtue is scarce surpassed in cases of hooping cough. It frees the stomach of phlegm, remedies flatulency, and affords a speedy relief in cases of parturition. Thyme, used by way of poultice, is useful in swellings and rheumatic affections; and taken in any convenient form, counteracts spasms, and strengthens the stomach.

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### THYME—(WILD.)—(*Thymus serpyllum.*)

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(*Properties.*)—ANTISPASMODIC, DIURETIC, STOMACHIC, TONIC.

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*Medical Uses.*—Wild Thyme, otherwise called *mother of thyme*, is a small, aromatic plant, found growing, usually, in barren grounds or neglected fields. It relieves griping pains of the bowels, cramps, and inflammation of the liver. A vinegar made of it as the *vinegar of roses* is made, and applied, subdues pains of the head,—is taken to good advantage in spitting of blood, coughs, vomiting, flatulency; revives

and strengthens the head, or stomach, and is useful in nephritic complaints. The properties of this herb are very much like those of garden thyme, but of a milder and rather more grateful flavor.

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### TIGER LILY.—(*Lilium Philadelphicum.*)

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(*Properties.*)—ASTRINGENT, EMOLlient, PECTORAL, TONIC.

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*Description.*—This beautiful plant has an erect stem, furnished with long, narrow, and pointed leaves,—bears flowers of an orange hue, and is much cultivated in our flower gardens, appearing in flower about June and July.

*Medical Uses.*—Tiger Lily is much used by way of external application, in swellings, inflammations, and irritative sores—the leaves have been used in such cases, yet the root is the part designed for medical purposes. Being astringent and tonic, it is of great utility in dysentery, or a languid, weakened state of the body. This plant, also, answers the purposes for those disorders in which the *white pond lily* is usually employed, and the one is used in lieu of the other to suit convenience.

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### TOAD-FLAX.—(*Antirrhinum linaria.*)

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(*Properties.*)—ANTIBILIOUS, CATHARTIC, DIURETIC.

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*Description.*—Common Toad-flax has stems a foot and a half, more or less, in height, thickly set with long, narrow or linear leaves. It has a dense or crowded spike of large, yellow flowers. These give place to flat, blackish seeds. The root is perennial, whitish, with radicles and fibres. Flowers bloom in succession from the first to the last of summer.

*Medical Uses.*--This plant possesses a bitter quality; an infusion of the leaves and flowers in Holland gin, gently purges the bowels, promotes urination, and is valuable in jaundice and liver complaints. The distilled water, taken with a tea spoonful of the powder of dwarf-elder and some cinnamon, for a number of days in succession, remedies the dropsy:--the distilled water, moreover, used as an eye-water, is a sure remedy for heat, redness, or inflammation of the eyes. A decoction of the flowers is recommended as a wash in cancerous, or fistulous ulcers, or chronic diseases of the skin. An ointment made of the leaves has been much used as an application in piles.

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#### TOBACCO.—(*Nicotiana tabacum.*)

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(*Properties.*)--CATHARTIC, DIURETIC, DISCUTIENT, STIMULANT, NARCOTIC.

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*Description.*--The stem rises three or four feet in height, furnished with large, oblong, light green leaves, without foot-stalks, alternate, with a stout midrib, and a pointed termination. Flowers funnel shaped, of a reddish color, and divided at the border into five pointed segments. The root is annual, moderately large and fibrous. It is cultivated extensively in Ohio, Kentucky, and Virginia.

*Medical Uses.*--An infusion of one drachm of this plant to a pint of water, administered by table spoonful, acts as a powerful diuretic. Persons troubled with scrofula of the throat, or king's evil, may be cured of this malady, by binding on to the part bruised Tobacco leaves. It has been known to remedy this disorder in the space of ten days. A salve prepared from the expressed juice is excellent for abscesses, hard tumors, ring-worms, and swellings resulting from blows or falls. We often make use of the bruised leaves saturated or soaked in whisky for cuts or incised wounds, bruises, bites of rattle snakes, swelling, pain of the face, etc. A

decoction of the leaves, used by way of enema or clyster, has often proved effectual in stoppage or obstruction of the bowels, when all other means have failed.

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### TORMENTIL.—(*Potentilla tormentilla.*)

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(Properties.)—ASTRINGENT, STYPTIC, SUDORIFIC, TONIC.

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*Description.*—Tormentil is a low plant, with weak, slender stems, seven inches or two-thirds of a foot in height, leaning or bending, and branched near the top,—set with a species of compound, or digitate sessile leaves, consisting of elliptical leaflets, notched on the edges like a saw, in number sometimes five, but mostly seven, hence it often bears the name of *septfoil*. It produces small, yellow, five-petaled flowers, each on a separate axillary peduncle or flower stem. The root is short, somewhat thick, sometimes crooked, containing fibres, blackish on the exterior, and reddish within. It flowers through the summer, is found extensively in Europe, and the root is much used in medicine.

*Medical Uses.*—The most convenient mode of use of the root of Tormentil, is by way of decoction, which may be advantageously employed in malignant fevers, or contagious exanthematous diseases, as small-pox, purples, measles, etc. It determines the disease to the surface by its sudorific action ; and in order to effect this purpose, the patient should drink copiously of the tea, be warmly covered in bed, and permitted to sweat freely. The root, as a medicine, checks diarrhea, dysentery, tormina or gripes attending such cases—nausea, vomiting, biliary eructations, profuse menses, fluor albus, and prevents miscarriage—removes hepatic and pulmonary obstructions, jaundice, and catarrhal affections. It is also valuable, both taken and outwardly used, for internal or external injuries, as ruptures, wounds, bruises, or falls. A decoction is employed with very good effect as a wash for

ulcers in the mouth, scald head, or running sores of the head, and other cutaneous eruptions. A plaster made of the root with some vinegar, and applied to the small of the back, is strengthening and remedial in cases of incontinence of urine. The powder, or decoction, is well calculated to arrest all exudations of humors, bleeding or fluxes of blood, of whatever nature or source.

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### VALERIAN.—(*Valeriana officinalis.*)

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(Properties.)—ANODYNE, ANTISPASMODIC, NERVINE, STIMULANT, TONIC.

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*Description.*—Valerian has a thick, short, grayish root, and gives growth to other parts of a similar form; all of which have long rootlets and fibres beneath, whereby the plant derives nourishment. The stalk is about three feet in height, and furnished with green leaves divided in a pinnate manner. It bears white flowers, sometimes presenting a tinge of purple—these are succeeded by small, brownish-white seeds. This plant is cultivated in gardens, flowering in June and July, and continuing until autumn. It is called English Valerian.

*Medical Uses.*—The root of Valerian, used in form of infusion, or taken in a beverage by way of powder, affords relief in strangury, pains in the sides, obstructed circulation of the blood, obstructed perspiration, or obstructed menses, nervous complaints and debility:—an infusion of it, moreover, with *licorice*, *raisins*, and *anise seed*, removes coughs, shortness of breath, facilitates the expectoration of phlegm, and is of service in flatulency. The fresh roots bruised and applied, and an infusion taken at the same time, remove severe pains of the head, arrest catarrhal fluxions; and the infusion employed as an eye-water helps dimness of sight.

*Dose.*—In powder, a tea spoonful of the pulverized root, three times a day or oftener.



VERBENA HASTATA, (Blue Vervain.)



VERVAIN.—(*Verbena hastata.*)

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*Properties.*—ANTIBILIOUS, SUDORIFIC, TONIC.

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*Medical Uses.*—Vervain or Vervine is a common plant, growing by field sides, or in waste places. It rises about two feet in height, and bears white, or purplish flowers. An infusion of the leaves is of much service in jaundice, nephritic disorders, severe pains, worms, colds, coughs, shortness of breath, asthmatic affections, or diseases of the lungs, stomach, liver, and spleen. It may be used to advantage with some honey for canker in the mouth and ulcers generally—likewise as an application to the forehead and temples; with the oil of roses, it affords relief in inveterate headache and delirium. Persons troubled with piles will derive benefit from an ointment made of lard and Vervain. A strong infusion of the plant taken freely has been employed with success in intermittent and remittent fevers.

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VIOLET.—(*Viola odorata.*)

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(*Properties.*)—DEMULCENT, EMOLlient, LAXATIVE, TONIC.

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*Description.*—This is a well-known, herbaceous, low, and beautiful plant, called Sweet Violet, and found in our flower-gardens. The leaves are cordate or heart-shaped, roundly notched on the edges, and supplied with long footstalks. The flowers surmount very slender peduncles, and are of a dark blue tending to red, or of a violet color. The *recent* flowers have an agreeable sweet smell, and a mucilaginous, bitterish taste. They are laxative, and said to possess an anodyne and pectoral quality. It blooms in May and June.

*Medical Uses.*—Violets possess mucilaginous, somewhat tonic, and cooling qualities,—the petals of the above described

are employed as a laxative for children, taken in the dose of one drachm, which operates pretty freely; a tea of these, likewise, is useful in canker; removes biliary matter, mitigates sharpness and acrimony of the humors, helps quinsy and epileptic fits in children, especially in the incipient stage of the disease—is beneficial in pleurisy, hoarseness, or diseases of the lungs. Few are aware of the importance of checking a cough, or common cold, in the first stage; that which in the beginning would yield to a mild remedy, not unfrequently, if neglected, seriously affects the lungs—and terminates in consumption.

A tea of Violet flowers, moreover, alleviates nephritic complaints, and is a valuable medicine to mitigate heat and quench thirst in fevers. A syrup made of Violets with the addition of a little lemon juice, furnishes a cooling cordial in fevers. An external application of the leaves, or flowers will be found very useful in inflammation of the eyes, or other inflammations, piles, and any swellings attended with irritation.

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#### VIRGINIA SNAKE-ROOT.—(*Aristolochia serpentaria.*)

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(*Properties.*)—ANTISEPTIC, DIAPHORETIC, STIMULANT, SUDORIFIC, TONIC.

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*Description.*—This plant has a number of round, slender, jointed stems, something less than a foot in height, set at the joints with leaves broad toward the base and diminishing to a point, of a light green color. At the joints near the roots shoot forth flower stems surmounted by single, hollow, purple, monopetalous flowers, drooping or bending down, and with a border divided into pointed segments. The seed vessel, which consists of six cells, contains a number of small, flat seeds. The root is perennial, sending forth many fibres. It has an aromatic smell, approaching to that of *valerian*, but more agreeable; and a warm, bitterish, pungent taste. The plant grows in rich grounds, and about woods, flowering in May and June.



ASARUM CANADENSE, (Wild Ginger.)





ARISTOLOCHIA SERPENTARIA, (Snake-root.)





ARUM TRIPHYLLUM, (Many-leaved Wild Turnip.)



*Medical Uses.*—As a medicine, the root is considered highly useful in supporting the strength, likewise in allaying the irregular action attending great febrile lassitude, or weakness in fevers. It is remarkably well calculated to arrest vomiting, and to tranquillize the stomach, especially in bilious cases. The root is the part always made use of, and possesses the power of arresting the worst forms of typhus fever. It is beneficial in pleurisy, dyspepsia, and employed by way of gargle in putrid sore throat. A strong infusion taken three times a day, is highly valuable in liver complaints and rheumatism. It is used, likewise, as an antidote for bites of serpents. Its active principles appear to be a bitter resin and an essential oil. It possesses stimulant and diaphoretic virtues, and is employed in some fevers where these effects are required. It is thought to increase the efficacy of *cinchona* in cases of protracted ague.

*Dose.*—It may be given in powder, a tea spoonful increased to one and a half tea spoonsful, or an infusion made by macerating one ounce of the bruised root in a pint of boiling water, and from one half to a whole wine glassful may be given several times a day. Decoction impairs its virtue by dissipating the essential oil.

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WAKE-ROBIN.—(*Arum triphyllum.*)

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(*Properties.*)—ANTICACHECTIC, ANTISPASMODIC, EXPECTORANT, STIMULANT.

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*Description.*—This plant, otherwise called *wild turnip*, rises, with a few leaves on long footstalks, directly from the root; of a dark green color, oblong, with a pointed termination, and interspersed on the surface with blackish spots. The flower stem is somewhat short, inclosed by a sheath-like leaf, or spathe, flat at the central part, and bending above with an acute extremity. It produces flowers in the spring, arranged on a receptacle within the spathe—these are suc-

ceeded the last of summer by red berries. It is found in swamps and watery places, having a perennial, roundish, fibrous root, with connected tubers or knobs.

*Medical Uses.*—This plant diffuses its influence as a stimulus wherever required ; is powerfully conducive to remove foul tenacious matter from the stomach, raises persons prostrated by general debility, or who have an ill habit of body predisposing them to consumption ; the root boiled in milk has proved curative in this malady. Its highly valuable qualities produce the most happy effects in all rheumatic disorders, and spasmodic affections, or pains of the stomach. The fresh root simmered in lard is useful in scald head,—in other words, tinea capitis or ring-worm of the scalp.

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#### WATER-CRESS.—(*Sisymbrium nasturtium.*)

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(*Properties.*)—ANTISCORBUTIC, APERIENT, DIURETIC, STIMULANT.

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*Description.*—The Water-cress is a perennial plant, having weak, succulent stems, and somewhat brownish leaves, of a sharp, pungent taste, like that of mustard seed, but much weaker. There are different kinds, all of which possess similar qualities. They are found in standing water, small rivulets, or watery places.

*Medical Uses.*—These plants are considered to be very efficacious in cases of scurvy—possessing qualities well calculated to cleanse or free the blood of all impurities. An infusion of them is of great utility to cleanse ulcers. Used in the spring of the year in the form of greens, or as a salad, they are well adapted to regulate the blood, to remove vitiated humors which are so deleterious to health. Watercresses are very beneficial in diseases of the urinary organs, and visceral obstructions—or as an external application, to disperse swellings or inflammations.

**WHITE LILY.—(*Lilium candidum.*)**

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**(Properties.)—ANTIFEBRILE, EMOLlient.**

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*Medical Uses.*—This species of Lily has been long and extensively cultivated in gardens. A decoction of the roots of White Lilies is excellent in malignant fevers, inasmuch as it determines the disease to the surface of the body. An ointment, made of the root and some lard, is valuable in scald head or ring-worm of the scalp. Besides, it possesses the virtue to cleanse ulcers, having fine, suppurative, discutient qualities. The same is very effective for swellings in any part of the body, will cure burns and scalds, usually without a scar, and trimly deck a bald head with hair. A poultice made of the roasted root with some lard, is a superior application to ripen and break malignant sores. The flowers are alike useful for the above purposes.

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**WELD OR DYER'S WEED.—(*Resela luteola.*)**

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**(Properties.)—DIAPHORETIC, DEOBSTRUENT, DISCUTIENT.**

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*Description.*—A soft, herbaceous plant, arriving at a height of two or three feet, furnished with alternate, entire, bluish green, round pointed leaves, and producing spikes of yellow flowers. It has a long, thick, white, bitterish root, is found in moist grounds, or by field sides, flowering about June. The whole plant after it has been in flower awhile, assumes a yellow hue. Weld was introduced into this country from Europe; is found in Connecticut, and some other parts of the United States. It has been much used for coloring or dyeing purposes.

*Medical Uses.*—The root of this plant is employed in

medicine to disperse hard tumors, to remove tough or tenacious mucus, and obstructions. The bruised leaves are of service in cuts or wounds. The whole plant may be used as a medicine. It has been considered useful in malignant fevers, and jaundice.

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### WHITE POND LILY.—(*Nymphaea odorata.*)

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(Properties.)—ASTRINGENT, EMOLlient, PECTORAL, STYPTIC, TONIC.

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*Description.*—This aquatic plant, otherwise called *sweet-scented water lily*, has large, floating leaves, sustained on very long footstalks, varying in length according to the depth of water, and arising from a prostrate root—likewise very long flower stems arise from the same, each bearing a large, beautiful, white flower, having many petals, and of a most sweet or grateful odor. It is found in slow running rivulets, ponds, or quiet waters. It opens to the sun in the morning and closes at night.

*Medical Uses.*—An infusion of the root of White Pond Lily, allays internal or external heat or inflammation:—a sirup made of the flowers produces a like effect for internal uses. The root prepared by way of infusion, moreover, may be used as a gargle for canker in the mouth,—is employed, also, to check the discharge of blood or humors from wounds and from the bowels, and proves of utility in some forms of dysentery. The same is given to allay heat or sharpness attending urination. A poultice made of the root disperses swellings, or tumors—allays inflammation of wounds, sores, or ulcers—cleanses them, and discusses the humors which prevent their cure. An infusion of the root may be used at discretion; or it may be combined with other astringent tonics. The fresh juice of the roots, mixed with lemon, is said to remove freckles or pimples from the skin.



NYMPHÆA ODORATA, (White Pond-lily.)





CHIMAPHILA UMBELLATA, (Pipsissewa.)



**WHITEWOOD, TULIP TREE.—(*Liriodendron tulipifera.*)**

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(*Properties.*)—AROMATIC, ASTRINGENT, STOMACHIC, TONIC.

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*Description.*—This is a large and magnificent tree, and an elegant ornament in the American forests, when it displays its beautiful foliage and splendid tulip-like blossoms, which appear in May. The trunk or stem is straight and destitute of branches excepting near the summit. This tree is also called *yellow poplar*.

*Medical Uses.*—The bark of this tree is the part used for medical purposes—combined with other tonic bark, such as *wild cherry bark*, it is of great worth in weakness, hysteria, or female complaints—in intermittent fevers, where there are no symptoms of inflammation. It is very useful in a dyspeptic, or debilitated habit of body—inasmuch as it strengthens the stomach, and restores the organs of digestion to a healthy state. It is valuable, moreover, in chronic rheumatism. The bark may be infused in whisky or gin.

*Dose.*—A table spoonful three or four times a day.

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**WHORTLEBERRY.—(*Vaccinium uliginosum.*)**

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(*Properties.*)—AROMATIC, DIURETIC, PECTORAL, TONIC.

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*Description.*—This is a much branched shrub, about one foot and a half in height, sometimes less, furnished with alternate, undivided, dark green leaves, slightly notched on the edges. The flowers grow in racemes at the axils of the leaves—they are of a pale blush color, small, monopetalous, divided at the border into five lobes. These give place to small, round berries, which are black when ripe. The flowers appear in

May, and the fruit is ripe in July. It is vulgarly called *huckleberry*.

*Medical Uses.*—In regard to this shrub, the bark and leaves are astringent and tonic, the root and ripe berries are diuretic. The dried berries made into a tea and sweetened with molasses, are of great utility when the digestive organs are in a deranged state. Whortleberries are of a cooling nature, and are useful in the hot stages of intermittents or agues—obviate vomiting, nausea or loathing at the stomach. The ripe berries, bruised and made into a *conserve* or sirup, answer the above purposes; likewise are very beneficial in protracted coughs, or ulcers on the lungs. The root and bruised berries should be put into a jug of Holland gin and placed aside to steep for use—this taken daily, as much as the constitution will bear, is available in dropsical disorders, nephritic, or gravel complaints.

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### WHITE WILLOW.—(*Salix alba.*)

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(*Properties.*)—ASTRINGENT, TONIC, STYPTIC.

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*Description.*—This tree rises from twenty to twenty-eight feet in height, spreading into many branches, furnished with leaves, alternately arranged, pubescent, sharply serrate, somewhat narrow, and tapering to a point. The bark of the trunk is rough or cracked, and that of the ultimate ramifications is smooth.

*Medical Uses.*—The bark is the part chiefly used in medicine, being employed in form of powder, or by way of decoction, which is of very good service, taken or externally applied as occasion requires, to arrest bleeding of wounds, spitting of blood, or discharges of blood from the bowels. It counteracts sharp, serous fluxions affecting the lungs, which tend to produce consumption. Likewise, in cases of intermittent fevers, it has been used in lieu of Peruvian bark. A decoction of the bruised leaves is said to be of much service in

flatulent or wind colic, some pepper being added. The bark has often proved valuable, externally applied to filthy and indolent ulcers, prepared in form of decoction. The bark of this tree is intensely bitter. Not only the bark of this species of *Salix*, but those of several others possess similar medicinal qualities.

*Dose.*—From one to three tea spoonsful of the powdered root.

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### WILD GINGER.—(*Asarum canadense.*)

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(*Properties.*)—DIAPHORETIC, ERRHINE, NERVINE, STIMULANT.

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*Medical Uses.*—This plant is considered to be one of our best nervines; and the root greatly resembles ginger in its properties. The root of Wild Ginger is a warming stimulant, and may be used to good advantage in all cases of colds, whooping coughs, female obstructions, fevers, etc.

The powder of the dried leaves furnish an excellent snuff, which may be used for many diseases of the head and eyes.

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### WINTER GREEN, PIPSISSEWA. (*Chimaphila umbellata.*)

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(*Properties.*)—ASTRINGENT, ALTERATIVE, DIURETIC, TONIC.

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*Description.*—This plant rises from a brownish, perennial root, with a few woody, upright, or somewhat inclining stems, five or nine inches in height, furnished with leaves at stated spaces, blunt at the termination, and diminishing down to the base, serrated, and of a dark lustrous green on the upper surface. The flowers are arranged in a corymbus form or in clusters, each on a bending pedicle or flower stem, consisting of five petals, roundish, of a whitish hue, and presenting a shade of red at the base. These are succeeded by a five-celled capsule, containing minute seeds.

*Medical Uses.*—The valuable properties of this species of Winter Green are not sufficiently known to be fully or justly appreciated. It is a medicine much used by the Indians in fevers, nephritic diseases, rheumatism, etc., being very pleasant, as well as very strengthening,—is used as a decided remedy in cases of scrofula, cancer and dropsy: imparts activity to the absorbents, as it is well known that the interruption of their function often induces the latter disease. It is very valuable in calculous complaints, impaired digestion, and lassitude of the system. There is scarcely a better medicine to remove all impurities of the blood than this plant. It is admirably well adapted to the cure of inveterate, ill-conditioned ulcers and eruptions of the skin. For these purposes it should be used internally as well as externally. It is highly useful for ulcers in the kidneys, or neck of the bladder. Persistence in the use of this medicine corrects an ill habit of body. The fresh leaves are said to be acrid; when dried, and in decoction, they have an astringent, tonic, and diuretic action, very similar to *bear's berry*. It may be used in form of decoction, infusion, or extract, to suit convenience.

*Dose.*—Of the decoction a pint daily.

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#### WOODBINE, HONEYSUCKLE.—(*Lonicera caprifolium.*)

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(*Properties.*)—DIURETIC, PARTURIENT, PECTORAL, STIMULANT.

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*Medical Uses.*—This plant is cultivated for the beauty and fragrance of its flowers, which bloom in June. A sirup made of its flowers, is taken with very advantageous effects, in bronchitis, asthma, and other pectoral complaints. It is beneficial in affections of the spleen, obstructions resulting from taking cold, cramps, and paralytic disorders, and affords speedy relief in cases of parturition. The flowers may be prepared by way of infusion, sirup, or conserve—an ointment made of them clears the skin of tan, sun-burning, freckles, and other discolorings.

WORMWOOD.—(*Artemisia absinthium.*)

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(Properties.)—ANTEPILEPTIC, ANTHELMINTIC, ANTIBILIOUS, DISCUTIENT, STIMULANT, TONIC.

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*Description.*—Wormwood rises with round, branched, channeled or creased stems, two or three feet in height, and furnished with much divided leaves. It bears racemes of yellow, drooping, or nodding flowers, and is much cultivated in gardens for medical purposes, usually flowering in August, and is a perennial plant. It was introduced into this country from Europe, the place of its nativity.

*Medical Uses.*—Wormwood is very strengthening—it obviates the effects of debility, and restores healthy functions. It possesses very valuable merits in quinsy and disorders of the throat, jaundice, bruises or injuries, whether internal or external, swellings and inflammations. When taken by itself, or not mixed with other herbs, for internal injuries or weakness, it should be put into a tight tumbler of cold water, or be infused into a bottle of new rum. The powder of the root is highly recommended in epilepsy.

*Dose.*—One large tea spoonful three times a day.

An infusion of equal parts of Wormwood and *rosemary*, with the addition of half part of *saffron*, in wine, furnishes a beverage well adapted to keep the body in a good state of health. Wormwood strongly steeped in a bottle of new rum and a tea spoonful of pulverized saltpetre added, affords an excellent external application for bruises, swellings, or wounds,—and is considered, moreover, an invaluable remedy in cases of inflammatory rheumatism, being copiously and frequently applied, or smartly and vigorously rubbed on the part affected. An infusion of this plant in water, taken when cold, proves curative in chills and fever, dullness of the brain, and weakness of sight—used as a local wash, it is a present remedy for the sting of insects. When Wormwood

is strewed among clothes, moths will never trouble them. Both alcohol and water extract the virtues of this plant.

*Dose.*—Of the powder of the dried leaves, from one to two large tea spoonsful may be given. Of the infusion, made with one ounce of the herb to a quart of boiling water, from one-half to a whole wine glassful may be given three times a day.

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#### YAM-ROOT OR CHINA-ROOT.—(*Dioscorea villosa.*)

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(*Properties.*)—DIAPHORETIC, EXPECTORANT, STIMULANT.

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*Medical Uses.*—The tincture of this root is highly recommended as an expectorant; and an infusion of the root is highly extolled as a remedy in bilious colic.

*Dose.*—One and a half ounce of the powder may be boiled in a pint of water, and one-third given at a time.

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#### YARROW.—(*Achillea millefolium.*)

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(*Properties.*)—AROMATIC, ASTRINGENT, STYPTIC, TONIC.

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*Description.*—Yarrow rises from fourteen to twenty inches in height, furnished with bipinnate, very finely divided leaves. Its flowers are white, and arranged in clusters or in a corymbus form. It is found in pastures, by fence sides, and in waste places, flowering from August until the middle of autumn, and is a perennial plant.

*Medical Uses.*—Yarrow is a highly valuable plant for medical purposes, and employed by way of infusion, strengthens the retentive force of the stomach, is excellent in spitting of blood, diarrhea, dysentery, or bloody flux—fluor albus, profuse menses, cramps or spasms, measles, small-pox, scarlatina, colic, convulsions in infants, ague and fever, and incontinence of urine. The same as a wash prevents falling of the hair.



DIOSCOREA VILLOSA, (Yam-root.)





MENISPERMUM CANADENSE, (Yellow Parilla.)



A tea of Yarrow, sweetened with honey, has cured the bleeding piles, when all other remedies have proved ineffectual. An external application by way of ointment, is not only very good to dry and heal recent cuts or wounds, but also ulcers, or sores, especially such as are attended with profuse discharge.

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### YELLOW DOCK.—(*Rumex crispus.*)

(*Properties.*)—ALTERATIVE, DEOBSTRUENT, TONIC.

*Medical Uses.*—Yellow Dock is a very valuable purifier of the blood, expelling bad humors from the system, besides, is very strengthening in cases of debility, and removes biliary obstructions. A decoction of Yellow Dock root is considered useful in the cure of cancers. A poultice of the bruised root scatters indolent swellings, and an ointment made of this reduces swellings of the glands, cures the itch and other eruptions. A sirup of the root is excellent to remove scrofulous, mercurial, and other taints of the system

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### YELLOW PARILLA.—(*Menispermum canadense.*)

(*Properties.*)—ANTISYPHILITIC, LAXATIVE, NERVINE, TONIC.

*Medical Uses.*—This plant grows plentifully in the Western country; and is likewise called *moon-seed*, or *vine-maple*. The root is a grateful bitter tonic and laxative, and an excellent medicine in dyspepsia, and cases of debility. It gives tone to the nervous system; and hence is useful in cases of nervous irritation, hysterical affections, spasms, and all derangements of the functions of the brain. This root sustains a high reputation as a remedy in mercurial diseases; a vitiated or corrupt state of blood, proceeding from any infection or malady which poisons the blood, or engenders virulent, deleterious humors. It may be taken freely by way of infusion or extract.

YELLOW-ROOT.—(*Xanthorrhiza apiifolia.*)

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(Properties.)—ANTISEPTIC, TONIC.

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*Description.*—This is a low, bushy tree, growing from two to three and a half feet in height. The flowers are of a dark purple color, bark smooth, and the wood of a bright yellow. It is a native of the Southern States, and is found very plentifully along the Ohio river.

*Medical Uses.*—This plant is sometimes called *yellow-wort*, *yellow-wood*, or *parsley-leaved yellow-root*. The root of this shrub is a pure bitter tonic, and it possesses properties very similar to *columba*. Both the wood and bark of the roots may be employed for medicine. It may be prepared by itself, and given in decoction, or combined with other tonics, and used in many cases of disease.

*Dose.*—Two tea spoonsful of the root in decoction.

# DISEASES.

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## REMARKS ON DISEASE.

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THOSE who have but a superficial knowledge of disease and the practice of medicine, will very likely come to the conclusion that diseases are exceedingly numerous and diversified, but when subjected to analysis, they are found to consist of but comparatively few constituent states of derangement, by the combination of which, in various modes, in relation to number, seat, and degree, the great apparent diversity is produced. Therefore we may infer that disease is of a more simple and elementary character than has heretofore been admitted by the medical profession. Though we may not be able to push the analysis of diseases to their absolute elements, yet we are able to appreciate to a great extent their less complex combination, forming the proximate ingredients of those associations of morbid states or actions of the functions of the system, which we call disease.

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## GENERAL DISEASES.

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For the sake of convenience, and that the reader may better understand us, we will divide disease into two great classes, *general* and *local*. The former includes those which affect the whole system at the same time; the latter those which affect some particular structure or function, and in which the general or constitutional phenomena are only secondary.

## CHAPTER I.

## FEVERS.

THIS CLASS IS COMPOSED OF THE FOLLOWING NAMES:

IRRITATIVE FEVER,	TYPHUS FEVER,
INTERMITTENT OR	SMALL-POX OR
MIASMATIC FEVER,	VARIOLA,
REMITTENT FEVER,	VACINE DISEASE,
BILIOUS FEVER,	CHICKEN-POX,
REMITTENT BILIOUS FEVER,	MEASLES,
YELLOW-FEVER,	SCARLATINA,
TYPHOID FEVER,	ERYSIPelas.

The term fever is employed in two different senses; one to denote a peculiar state of the system, which may be present in any disease, and which exhibits itself chiefly by an increase of temperature; the other to signify certain affections, in which the above, with other symptoms, are usually present. Thus we speak of intermittent, remittent, and typhus fevers as special diseases, whilst in a more general sense, we speak of an individual having fever as an accompanying symptom of a pleurisy a pneumonia. The importance of bearing in mind the above distinction between the application of the term *fever* will be obvious, when it is recollected that in many cases, the so called fever, the *symptom* fever may be entirely absent; this is familiar in the cold stage of an intermittent, or as a characteristic condition of the fatal cases of pernicious or congestive chills. In fevers there is usually more or less derangement of all the functions, the most striking symptoms being pain in the head, sensorial or nervous irregularity, increased heat of the skin, increased frequency of the pulse, and loss of appetite. Various premonitory symptoms usually in-

timate its approach. These constitute its *forming stage*. There is a sense of lassitude and weariness, general aching of the body, slight chilliness, and occasional headache, with disinclination for food. These symptoms may continue for days, and are sometimes wholly absent. They are most apt to occur in protracted fevers, as the typhus and typhoid. The *cold stage* or *chill*, is the first decided evidence of the disorder. Its approach is sometimes gradual, and sometimes sudden, and varies much in intensity. The sensations are of a nervous character, though it is often attended with some reduction of the temperature of the body. The pains which accompany it are purely of a nervous character. Its duration is variable, in some cases not exceeding a few minutes; in others, continuing for hours, or even days.

The cold stage is gradually merged into the *hot stage*, in which there is an actual increase in the temperature of the body, rising occasionally as high as one hundred and seven; along with this, there is an increased fullness and frequency of the pulse, varying, however, very much in this respect, occasionally reaching as high as one hundred and fifty or one hundred and sixty per minute. There is also a flushed face generally, together with more or less pain in the head, and an increase of sensibility to light and sound.

The secretions are always deranged in fever; they are usually diminished, or entirely suppressed. In the declining stage of fever there is frequently profuse evacuations from the skin, kidneys, bowels, etc. These are termed critical discharges.

The *duration* and *course* of fever varies; it occasionally runs through all its stages and terminates in a day; in which case it is called an *ephemera*. Again, it may return after an interval, differing in length, when it is named *intermittent* or *fever and ague*. Again, it may partially decline, and afterwards return with its former intensity, when it is called *remittent*; and finally it may continue with little or no tendency to remission, in which case it receives the name of *continued fever*. There are two opposite *grades* of fever; the one denominated the *inflammatory*, marked by an increased

vital action; the other, the *low grade* or typhus fever; it is characterized by a feeble condition of the vital forces. Some of the foregoing fevers are propagated by contagion, and are hence called contagious; some have the property in common of being attended with an eruptive affection, and are denominated *eruptive* or *exanthematous fevers*.

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#### SECTION I.

##### IRRITATIVE FEVER.

By this is meant a simple fever, arising from an irritating cause, but unattended with any local inflammation. Usually its duration is short,—from one to five or six days. If it extends beyond this time, the probability is that some local inflammation has been developed. It evinces a tendency to remit.

*Symptoms.*—Are those of fevers generally, only milder. In infants it may commence with convulsions or spasms, and during the paroxysm there may be drowsiness, even approaching coma.

*Causes.*—Any cause producing irritation. In children the causes are more frequently such as teething, undigested substances in the bowels, worms, etc. Hence it is often called *worm fever*.

*Treatment.*—This is usually very simple. Remove the cause, and diet the patient, if there seem to be nothing more than febrile excitement. Cooling purgatives will be found effectual. A dose of *salts* and *senna* followed by a refrigerant diaphoretic. In children, if there is much nervous excitement, it may be met with *asafoetida tea*, given every five minutes; also, apply a garlic poultice to the feet, which are usually all that is necessary.

## SECTION II.

## MIASMATIC FEVERS.

There are three different fevers that we shall arrange under this name, because they all have their origin in the same cause, *miasma*. They are the *intermittent*, *remittent*, and *pernicious*. Miasma is caused by the concurrence of the heat, moisture, and vegetable decomposition. It prevails to some extent in all low, marshy districts, except in some of the extreme Eastern States, and is much more malignant in warm southern climates than in high northern districts. Miasma having a great affinity for moisture, is more condensed early in the morning and late at night, consequently there is more danger of being affected if exposed at such times.

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## SECTION III.

INTERMITTENT FEVER.—(*Fever and Ague.*)

This is characterized by febrile paroxysms, returning at stated intervals, and by the absence of fever between the paroxysms. There are three varieties; 1st, the *quotidian*, in which the chills and fever comes on every day; 2d, the *tertian*, which comes on alternate days, and 3d, *quartan*, which comes on once in three days.

*Symptoms.*—An intermittent has three stages; First, the cold stage, beginning with chilliness and violent shiverings; the finger nails blue, headache, backache, quick, small pulse, and sometimes vomiting. This lasts from one to two or three hours, then commences the second or *hot stage*, beginning with flushes of heat, which gradually increase, the skin becomes hot and dry, the face flushed, the pulse full and frequent. After a duration of several hours, the third, or *sweating stage*, makes its appearance, and perspiration becomes profuse all

over the body. The urine is high-colored and copious. Now the patient feels tolerably well, but weak till the next paroxysm. These are the usual symptoms, with some variations, of which the plan of our present work will not allow us to speak.

*Cause.*—Marsh miasma being absorbed by the lungs, enters into the circulation, deranges the excretory organs, especially the liver and spleen, consequently the patient is more or less bilious. Any thing which debilitates the system is a predisposing cause.

*Treatment.*—In cases where the stomach is loaded or the patient is bilious, commence with an emetic, and follow it with an active cathartic, such as the compound cathartic pills, or compound extract of colycinth; or where the liver is dormant and the stools are of a light color, two large blue mass pills may be taken at night. In mild cases, an emetic is not indicated, and a cathartic is all that is required to cleanse the stomach and bowels. During the cold stage give the patient warm drinks of tea, and hot foot baths. In the hot stage give cold drinks, as ice water, lemonade, and refrigerant diaphoretics. After sweating, rub the skin dry with warm towels.

When the paroxysm is over, commence giving some anti-periodic remedy to prevent its return. Sulphate of quinine is an excellent remedy; from two to four grains may be given every two hours till from twelve to eighteen grains are taken. The reader must bear in mind that the system must be brought under the influence of quinine. To prevent the chill, it is best to commence giving the quinine about six or eight hours before the chill comes on, and give it in such quantities that all may be taken before the period for the chill arrives. To prevent its return, the patient should use a tonic mixture.

Peruvian bark,	.....	1 oz.,
Rhubarb,	.....	2 drachms,
Ginger root,	.....	1 "
Carbonate of iron,	.....	$\frac{1}{2}$ oz.

These should be pulverized and put into one pint of the best of brandy or other good spirits, of this the patient should take a table spoonful three times a day before each meal, and not omitting to shake the bottle before pouring out for use. This should be taken for two or three weeks, or until the system recovers its former health and vigor.

Among the prescriptions in the latter part of this work will be found several which may be resorted to if the case should prove obstinate.

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#### SECTION IV.

##### REMITTENT FEVER.

(*Bilious Fever.—Bilious Remittent.*)

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This fever is usually caused by marsh miasma. It is most common in the southern and middle portions of the United States; the localities where it is the most prevalent are the valleys of streams, the borders of lakes and ponds, the neighborhood of marshes, and the western prairies. It occurs mostly during the summer and autumnal months.

*Symptoms.*—Several days before the invasion of the disease, the patient complains of uneasiness in the region of the stomach, lassitude, pains in the limbs, back, and head, especially over the eyes. Finally the disease commences with a chilly, shivering sensation, which is soon superseded by febrile flushes, or by alternations of heat and cold, by nausea, and sometimes vomiting. The pains in different parts of the body become aggravated; the mouth is dry, the tongue is usually coated with a white or yellow fur; the pain in the head is attended with a feeling of distension and throbbing, often passing to delirium.

The pulse is full, hard, and frequent; thirst is great, bowels constipated, and the urine scanty and high-colored.

These symptoms usually continue from ten, twelve, or

eighteen hours; when the perspiration breaks out, the pulse falls in force and frequency, the delirium and the irritability of the stomach subsides. There is the remission, which varies exceedingly, from two to three hours to whole days. Another paroxysm then occurs, but usually without a chill, running the same course as the first, and each successive paroxysm becoming more severe and remission less decided. About this period the disease may be checked by proper and active treatment, but if it is obstinate and does not yield, the symptoms may become more violent. The skin becomes dry and harsh, or moist and clammy; the tongue is black and crusted. Vomiting and pain in the epigastrium are more constant.

In unfavorable cases the skin becomes yellowish, the bowels irritable, the evacuations become watery, greenish, and at last almost black; the urine is scanty, high-colored, and sometimes of a yellowish brown color. The headache is intense, accompanied with much nervous derangement and delirium.

*Treatment.*—If there is much sickness at the stomach, and vomiting of small portions of bile, an emetic should be given: for this purpose five grains of tartar emetic, and twenty grains of ipecac. made into a draught, and a table spoonful given every five or ten minutes till the desired effect is produced. Copious drinks of warm water should be taken, which facilitates the vomiting and cleanses the stomach more thoroughly. A cathartic should then be given; this may consist of the compound cathartic pills of the United States Pharmacopeia, found at the druggists, or a dose of calomel and jalap, consisting of from ten to fifteen grains of the former and from five to eight of the latter; this we regard as an excellent cathartic, it not only carries off all acrid excrementitious matter from the alimentary canal, but rouses up the excretory organs and assists them in throwing off from the system all miasmatic poison and all impurities that may exist in the blood.

Where there is not much derangement of the biliary organs, an infusion of salts and senna, or senna and manna will an-

surer the purpose. After this the bowels should be kept open by using gentle aperients, such as cream of tartar, or rhubarb in tea spoonful doses.

During the hot stage, refrigerant diaphoretics should be used. We know of none better than the neutral mixture, or solution of the citrate of potash, which may be obtained in any drug store; lemonade, or tamarind water also answers this purpose.

By pursuing this course a few days the disease may generally be brought to a decided intermission, in which case the sulphate of quinine may be administered, in the same manner as spoken of in the treatment of fever and ague, and it seldom fails to perfect a cure.

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## SECTION V.

### PERNICIOUS FEVER.

(*Congestive Fevers.—Pernicious Intermittent.—Pernicious Remittent.*)

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In this disease there is a sudden and great prostration of the nervous power. It is a modification of miasmatic fever, and may be remittent, intermittent, or continued; however, it can only be called a continued fever in the first part of the disease, for in a few days, if the disease persists, it becomes paroxysmal,—either intermittent or remittent.

In many cases the organic functions are affected; chiefly the digestion, respiration, circulation, and secretions; and again sometimes it attacks the brain, the heart, or the alimentary canal. At times it approaches like an ordinary intermittent, at others it has peculiar features of its own. It may occur at any hour of the night or day. When the disease is fully formed, the face and hands are of a livid paleness, the features shrunk and expressive of alarm, the skin contracted and shrivelled like a washer-woman's hands. The extremities, and

sometimes even the breath are cold. At times the surface is moist, with a clammy perspiration, or bathed in a profuse sweat. The tongue is sometimes pale, cold, or dry, and sometimes unaltered. There is tenderness of the stomach, internal heat, and great thirst. Nausea and incessant vomiting are present, with constipation, or the reverse. When there is diarrhea and discharges of bloody serum, the pulse is small and irregular, sometimes hard, but oftener feeble and fluttering, and at times intermittent.

The above symptoms are those which accompany the chill. The duration of the paroxysm varies; sometimes it lasts only a few hours, and at others it is extended to two or three days, mingled with attempts at reaction, and when reaction does come, it is in no degree equal to the preceding depression. At other times a slight degree of fever remains; it is only a remission that has taken place; again it may approach more near to an *intermission*. If the disease is not arrested, the same train of symptoms present themselves the next day, or the day after, with increased violence; the second is usually fatal, though the third often occurs before death takes place. Sometimes the whole force of the disease is spent upon the heart, then the prominent symptom is excessive prostration of the circulation. When the animal functions are affected, the paroxysm begins with drowsiness, loss of memory, confusion, generally passing into deep coma, or an apoplectic state. Sometimes convulsions are present. In some cases coma is preceded by delirium.

*Causes.*—The same as that of intermittents and remittents. It is estimated that three fourths of the cases when not properly treated, die. Sometimes whole settlements are swept off by the disease. If seen in the first or second paroxysm, the danger may be averted.

*Treatment.*—We should endeavor to bring about a reaction as soon as possible. One of the best remedies is artificial heat; a warm, moist application the whole length of the abdomen, mustard plasters to the feet and wrists, or on the in-

side of the thighs, friction along the spine, and other parts of the body with turpentine or cayenne pepper.

If there is no delirium, and diarrhea be present, a grain to a grain and a half of opium may be given. Internal stimulants may be given for this purpose; the sulphate of quinine may be taken even in the paroxysm, and it should be administered in decided, or large doses. Cayenne pepper is of great benefit, and may be given in connection with the quinine, and opium added if necessary. The remedies should be varied to suit the case.

As we value the life of the patient, we must endeavor to prevent the second paroxysm, and for this purpose we should commence to administer sulphate of quinine as soon as the intermission commences, and from thirty to sixty grains should be given between the paroxysms.

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## SECTION VI.

### YELLOW-FEVER.

This is a disease of warm climates, depending upon a special cause, and occurs mostly during the summer months, and ceasing after frost.

It prevails chiefly in towns on the seaboard and streams emptying into the ocean.

*Symptoms.*—The attacks sometimes come on without any warning, occurring in the midst of apparent health. It generally comes with a chill, and severe pains in the head, back and limbs. When febrile reaction is established, the skin is hot and dry, the respiration hurried, the face flushed, the eyes red and watery, and the conjunctiva much injected. There is a sense of uneasiness, and sometimes tenderness in the region of the stomach, accompanied by nausea and vomiting. At first, the tongue is moist, and covered with a

yellowish white fur, there is also extreme thirst. The pulse varies from sixty to one hundred and twenty, or even one hundred and forty. At times it is unnaturally slow; either extreme is indicative of great danger. Sometimes the mind is clear, and the muscular strength unimpaired; at others, there is delirium and prostration. Usually the bowels are costive, and when passages are obtained they are unhealthy in character; as the disease advances the pain in the limbs increases, especially in the calves and front of the legs.

The above by some authors is called the *stage of increase*, and lasts from a few hours to three days; the shorter the duration the more violent the disease. After this there is a remission, all the symptoms abate, and the patient seems to be recovering, but there are symptoms by which we may be warned of the further continuance of the disease. The epigastrium is even more tender upon pressure, the skin of a yellow orange color, the urine is of a yellow tinge, and the pulse sinks as low as forty in the minute. After a short calm the stomach assumes its former irritability, and the peculiar substance called *black vomit* is ejected. The tongue is dry, brown, and chapped. The patient becomes more and more prostrated; at times, passive hemorrhage, and at others, suppression or retention of urine. The pulse becomes more feeble, the respiration sighing, the matter ejected from the stomach is brought up without effort, and discharges of the same matter takes place from the bowels. This condition is sometimes called the *collapse stage*. Sometimes, instead of the collapse, symptoms of reaction set in, which are always to be regarded as salutary efforts of nature, sometimes terminating in health, sometimes, however, running on to extreme exhaustion, or assuming a typhoid form.

*Causes.*—There is various speculation as to the cause of this disease. There is no doubt that it is as specific as smallpox, though of its precise nature nothing definite is known. Filth and heat alone are not able to produce it; neither is marsh miasma, independent of other causes.

It is erroneous to suppose that it is owing to the same

causes which produce remittent fevers, for in many parts of the world where the latter are constantly occurring, Yellow-fever has never been known. Again, Yellow-fever prevails in large towns, this is not the case with remittent fevers.

Those who are acclimated are seldom attacked with Yellow-fever, while it is well known that one attack of bilious fever secures no exemption from another, nor are the symptoms of the two diseases alike. Many believe it to be contagious, while many others deny it. Strangers are more liable to it than residents, and whites than negroes. The predisposing causes are exposure, intemperance, fear, and sudden changes of weather.

*Treatment.*—In the early part of the disease, an emetic is of much service, especially if the stomach is irritable and loaded; however, it should only be used under those circumstances. Cold effusions are highly recommended. Mercurials are admitted on all sides to be of great service. Fifteen to twenty-five grains of calomel may be given to act as a cathartic, and repeated in smaller doses till the gums are slightly touched,—ice given internally, together with cool spongings externally; the latter with caution. Ice will often allay the excessive irritability of the stomach; for the same purpose the effervescing draught may be given.

In the *second stage* the febrifuge depleting remedies should be suspended, except the calomel, which should be continued in small doses. From one-half to two grains of sugar of lead may be given occasionally, to subdue the inflammation of the stomach, and also to act as an astringent. A blistering plaster may also be applied over the stomach. The muriate tincture of iron is highly recommended, in doses of from twenty to sixty drops every two hours—its administration should be commenced before the black vomit appears.

In the *third stage* cordials and stimulants are required. Two ounces of pulverized Peruvian bark, and an ounce of serpentaria, may be digested forty-eight hours in a pint of good brandy, and a dessert spoonful taken occasionally;—from five to ten drops of spirits of turpentine taken every six

or twelve hours,—wine whey, brandy and water, capsicum, etc., are all excellent remedies. Hot baths will also be found beneficial. The apartments should be well ventilated, and all excrementitious matter removed.

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## SECTION VII.

TYPHOID FEVER.—(*Nervous Fever.*)

The term *typhoid* as applied to this disease is regarded by some as objectionable, because it expresses only a condition common to many other diseases.

*Symptoms.*—Usually there is a sense of weariness, languor, and general uneasiness, slight headache on rising in the morning, dullness of intellect, irregular flushes of heat, or chilliness, slight accelerations of the pulse, furred tongue, and a disposition to diarrhea. These symptoms, with various modifications, generally last for three or four days, and sometimes are extended to a week, or more, after which the disease is fully formed, and commences with a chill, followed by the usual phenomena of fever.

When the disease is fairly established there is an increased frequency of the pulse, from ninety, to one hundred and two, the latter usually in females. As a general rule the pulse is under a hundred. There is headache, with a dull, heavy expression of countenance; with pain in the back and limbs, restlessness, bleeding at the nose, and yellow, watery stools. As the disease advances all symptoms become aggravated, the pulse more frequent and strong; the skin hot and dry, the tongue becomes dry, red at the tip and edges; there is pain in the lower part and right side of the abdomen, with a gurgling sound upon pressure; the abdomen is somewhat swelled. Sometimes, about this period in the disease, the symptoms of pneumonia, or bronchitis, make their appearance. From the seventh to the ninth day, if the surface of

the abdomen be carefully examined, there will be found upon it a number of small, round, red spots, disappearing upon pressure—these are called the *rose-colored spots*, and constitute a characteristic eruption; they are about the diameter of a pin's head and slightly elevated. About this time, or later, a crop of vesicles will be detected on the neck and breast.

At this period the symptoms are still more aggravated; delirium, with a ringing or buzzing sound in the ears, followed by dullness of hearing or deafness. The eyes are injected or sunken, the tongue becomes incrusted with a black coating, which cracks and peels off, leaving the raw surface exposed; the teeth are also colored with sordes; the pulse becomes more feeble and frequent, accompanied by a low muttering delirium, and sometimes twitching or spasms of the muscles. As the patient becomes more feeble, he slips down in bed; involuntary evacuation from the bowels; hemorrhage from the bowels, or other mucus—the skin shows a disposition to slough. This is the usual course of the disease when it terminates fatally. If the disease is to terminate favorably the symptoms subside, the countenance brightens, the pulse lessens in frequency, and the evacuations become more healthy. If the tongue ceases to clean, and becomes dry, it is an evidence of intestinal disorder; it often happens at this time that emaciation becomes more evident than it was before.

It sometimes happens in the course of the second week, the patient is seized with violent pain in the abdomen, vomiting of green, bilious matter, a small, fluttering pulse, faintings, constipation, and coldness of the extremities.

The cause of these symptoms, perforation of the intestines and escape of their contents into the cavity of the peritoneum, producing inflammation. It occurs mostly in the mild forms of the disease, and is almost always fatal.

*Cause.* — This is not definitely known. It attacks all classes, rich and poor, though it is often generated where a number of persons are crowded together, with unwholesome or insufficient food, and confined and vitiated air. Hence it

is frequently called ship-fever; it is not considered by some to be contagious; it seldom attacks those beyond thirty; strangers are more liable to it, and males than females. It occurs at any season, but more frequently in autumn and winter.

*Treatment.*—This may usually be commenced by some mild laxative, such as a dose of castor oil, a small dose of sulphate of magnesia, rhubarb and magnesia, or a seidlitz powder, according to the nature of the case.

We should always bear in mind the diarrhea or the tendency to it, and avoid all drastic or irritating cathartics; we should endeavor next to subdue the fever; cold applications should be employed to the head.

Diaphoretics are of much benefit throughout the whole course of the disease; for this purpose the neutral mixture, tartarized antimony, sweet spirits of nitre, etc., may be used in the early part of the disease, and a decoction of elder flowers in the latter part of the disease.

The cold applications may be employed to the head by means of ice in bladders; these are very serviceable in relieving pain in the head and delirium. The hair should be cut very close.

If the diarrhea is profuse, it may be arrested by opium and ipecac., a half grain each given every two hours, till the bowels are checked. If there is much nervous derangement, it may be combated with Hoffman's Anodyne in tea spoonful doses, every three hours, or camphor water.

As the disease advances, if the tongue becomes dry, the urine scanty, and the skin parched, with delirium, or stupor, and an abatement of vital action, no remedy is better than mercury, given so as to slightly affect the gums. Blue mass or calomel may be given in small doses every four or six hours, till an impression is made.

If the disease should not yield, and especially should the tongue remain dry, and the abdomen distended, spirits of turpentine may be given occasionally in doses of from five to twenty drops every two hours, and continued for a day or two. If debility increase, the patient's strength should be

supported with beef tea, wine whey, milk punch, etc., together with the use of small doses of quinine, opium, or serpentaria. The diet should be mild in the first part of the disease, and more nutritious as the disease advances.

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## SECTION VIII.

SMALL-POX—(*or Variola.*)

This disease is contagious, and is characterized by an initial fever, of three or four days duration, succeeded by an eruption, which passes through the different stages of pimple, vesicle, and pustule.

The ancient Greeks and Romans give us no accounts of Small-Pox, but we have some accounts that it originated, and prevailed, in India, and China from time immemorial, and was introduced into Europe by the Arabs, about the time of Mahomet's birth.

The Small-pox usually appears towards spring, it is very frequent in summer, less so in autumn, and still less in winter.

It is said that children are more liable to this disease than adults; this may be accounted for from the fact that patients never have it the second time.

The disease is divided into two varieties, the distinct and confluent, the latter is attended with more danger. There are other distinctions, as the crystalline and the bloody.

*Symptoms.*—Small-pox is so well known that a minute description is hardly necessary. The patient is usually dull, listless, and drowsy for a few days before the violent symptoms of the disease are developed; they are inclined to drink more than usual, have no appetite for food, and complain of weariness, flushes of heat and cold, pains in the back, irritability of the stomach, and sometimes obstinate vomiting; sore throat is frequently present, and in children there is sometimes convulsions. The fever is of a remittent type, and subsides very

decidedly, on the appearance of the eruption. In the *distinct* variety this comes out about the third day. At first they resemble flea-bites, and are discovered on the face, arms, and breast, and soon spreads over the lower extremities. This is generally completed in about two days.

Now commences the second *stage*, when the eruption is fully out, and begins to change on the different parts of the body, in the order in which they came out. The pimples are converted into vesicles on the second or third day of the eruption, and *umbilicated*, or depressed at the summit, on the fourth. From this time they gradually increase in size, the lymph becoming apparent till the vesicle has changed with a pustule. About the fifth day of the eruption, they lose their umbilicated appearance, and become convex, and distended at the top, and about the eighth day of the eruption, or the eleventh or twelfth from the commencement of the disease, they commence to turn of a brown color, sometimes burst, and then dry up; about the twelfth day the crust falls off, usually leaving a permanent pit or depression in the skin.

The secondary fever comes on about the sixth or eighth day of the eruption, and tenth or twelfth of the disease; it depends on the sympathy of the constitution with the local affection, and is proportionably severe, according to the intensity of the latter. When the disease is matured, there is a peculiar, greasy odor given off from the body of the patient, by which the disease is recognized; it is also characterized by a severe itching. In the *confluent* kind, all the symptoms are more violent; the derangement of the stomach, and nervous complication are more intense, there being a great deal of vomiting, and either delirium or convulsions. These affections may cause the death of the patient before the appearance of the eruption. The eruption, which is commonly *simultaneous*, and seldom successive, occurs about the second or third day, rarely on the fourth, and very seldom on the fifth. It is sometimes accompanied by a rash, resembling scarlatina, or erysipelas. The eruption usually begins to scab upon the face, about the tenth day of the disease. The skin is here exceedingly swollen; the matter oozes out be-

neath the crusts, and mingles with a bloody serum. The mucous membrane suffers greatly, especially of the nose, eyes, and throat.

*Causes.*—A specific contagion. All are liable to take it who are not previously protected.

*Treatment.*—In mild cases, the only treatment necessary is refrigerant diaphoretics, and occasional laxatives.

The diaphoretics may consist of cool, diluting drinks, lemonade, the solution of the citrate of potassium, neutral mixture, or from five to twenty grains of salt-petre, taken three or four times a day. The patient should be kept in a cool room, well ventilated. To keep the bowels open and act as a gentle laxative, a small dose of salts and senna, or magnesia and rhubarb in tea spoonful doses may be used. In severe cases, a large dose of salts and senna may be given, or a dose of calomel, from five to fifteen grains, may be taken, according to the size of the patient, and followed in eight or ten hours with a table spoonful of epsom salts. Occasional sponging with cool, or tepid water, will be beneficial and agreeable when the skin is hot and dry.

It must be recollectcd that the disease can not be cut short, and that the patient must husband his strength. From one to one and a half grains of Dover's powder, may be given at night to combat restlessness. After the first stage, very little is required; if there is much nervous derangement, it may be corrected by giving a tea spoonful of Hoffman's Anodyne, or sweet spirits of nitre, every three or four hours. In malignant cases, it is necessary to support the system under the abundant suppuration and vast irritation of the pustules. Opiates may be used at this period with advantage. They may be combined with calomel and ipecacuanha. To answer the same purpose as the above, a grain and a half of Dover's powder may be added to five or ten grains of calomel, and taken at night. When the pulse begins to become weak, the tongue dry and dark, and the extremities to show a want of due action, recourse must be had to stimulants and tonics,

and nutritous diet, to suit the wants of the system. Small doses of the sulphate of quinine may be given two or three times a day, or a compound infusion of Peruvian bark, the muriated tincture of iron, malt liquors, wine, wine whey, soft boiled eggs, animal broth, etc.

It is very desirable to prevent the pock-marks or pits which are left by the disease; this may be prevented by the opening each pock as soon as it becomes vesicular, with a lance, applying a strong solution of nitrate of silver, or by inserting a stick of nitrate of silver, which is brought down to a point. To be effectual, it should be applied early to each vesicle as they appear.

*Prevention of Small-pox.*—There are two methods; inoculation and vaccination, the first is very effectual, because it actually imparts the disease in a mild form; but in it there is some danger. The other mode, vaccination, is the one now universally practiced.

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#### SECTION IX.

#### VACCINE.

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The *vaccine disease* or *cow-pox*, is a name given to a disease produced by inoculation, to protect the human system. The disease was first noticed in the cow, (whence its name,) in which animal it appears upon the teats, in small vesicles; the matter taken from such vesicles is protective.

From numerous experiments it appears that about one-half of those who are vaccinated are liable to a modified form of small-pox or varioloid, on exposure; still, cases of varioloid are so rarely fatal, that it may be considered as almost a sure protective. Vaccination is usually practiced on the upper part of the arm, a lancet charged with lymph being thrust below the skin in several points; vesicles mature on the ninth or tenth day.

## SECTION X.

VARILOID.—(*Modified Small-pox.*)

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This is a modified form of small-pox, occurring in those who are protected by vaccination. The treatment is the same as for very mild cases of small-pox.

## SECTION XI.

CHICKEN-POX.—(*Varicella.*)

This is a contagious fever; the eruption is vesicular.

*Symptoms.*—A slight fever is sometimes present, but generally very slight, and continues from a few hours to two days, when it disappears on the occurrence of the eruption. This comes out in small, red spots, which soon become vesicular.

The eruption is frequently accompanied with a tingling, itching sensation, which causes the child to scratch and rub the vesicles, and rupture them. They attain maturity about the fifth day. One attack protects the patient from a second one.

*Treatment.*—It is not dangerous, and is always so mild as to be quite insignificant, and requires but little treatment. A small dose of magnesia, or salts, may be given; cooling drinks, and light vegetable diet, is all that is required. It may be advisable, after the scabs fall off, to bathe the child in warm water.

## SECTION XII.

MEASLES.—(*Rubeola.*)

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This is a contagious fever, accompanied with a peculiar eruption. Measles, as an epidemic, usually prevails in winter, but may occur in any season.

*Symptoms.*—It commences as most of the fevers—with slight chilliness, with flushes of heat, watery appearance of the eyes, running at the nose, frequent sneezing, hoarseness, and cough, with soreness of the throat. The eruption appears on the fourth day, in the form of small, red spots, slightly elevated above the skin. They appear first on the face, and extend to the rest of the body; in the course of a day or two, usually, the small spots are succeeded by larger ones. The red tint of the rash assumes its greatest intensity on the face about the fifth day. The rash is attended with itching when at its height.

When the eruption is fully developed, the frequency of the pulse, redness of the eyes, and thirst disappear, or are much alleviated; the nausea and vomiting also subside. On the third or fourth day the eruption begins to change to a paler hue, until it finally assumes a pale yellowish color.

In Measles, the mucous membranes are very apt to be affected; generally membranes of the wind-pipe, or trachea, bronchia, throat, nostrils, and eyelids are principally affected; but sometimes the membranes of the stomach and bowels, producing nausea, vomiting, and diarrhea, or the membranes of the brain, causing convulsions, stupor, or coma. The chief danger of Measles is its complications with pneumonia.

*Causes.*—A specific contagion.

*Treatment.*—In mild cases, where the symptoms are slight, the treatment consists in keeping the patient in a mild temperature, a spare diet, and the bowels open with a gentle laxative, and also giving diaphoretic medicines; such as a solution of gum arabic, flax-seed tea, an infusion of slippery elm, etc., to which may be added small quantities of antimonial wine, and if the skin is very hot the effervescent draught may be given.

If there should be much inflammation of the mucous membranes, small doses of calomel may be administered, fifteen grains, in five grain doses, eight hours between. Should symptoms of croup threaten, an emetic may be given, con-

sisting of ipecacuanha and tartrate of antimony, followed by a good dose of calomel, and *afterwards* wine of antimony, or ipecacuanha.

Convulsions in children may be treated with the warm bath; this, or the vapor-bath, is excellent in cases where the eruption is retarded, or has receded from the effects of cold. The principal object is to keep the eruption on the surface, and guard the mucous membranes from inflammation.

The malignant form should be treated with stimulants, both internal and external.

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### SECTION XIII.

#### SCARLET FEVER.—(*Scarlatina.*)

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This is a contagious, eruptive fever, which particularly affects the mucous membranes of the throat.

*Symptoms.*—The disease commences like other fevers, with the usual coldness and shivering, and flushes of heat, but without any violent sickness. About the second day the scarlet rash makes its appearance; at first the body is covered with little points, which are soon followed by patches of a deep scarlet color, which become confluent, and terminates by the cuticle falling off, from the fifth to the ninth day. The fever is of various grades, sometimes so mild as scarcely to amount to disease, and at other times it puts on the most dangerous symptoms; when these are putrid or malignant, it is always dangerous.

*Treatment.*—Dr. Wood says that in a majority of cases the Scarlet Fever would end favorably without any treatment. In mild cases, all that is necessary is to keep the bowels open, give cooling drinks, regulate the diet, and see that the apartment is well ventilated and of a comfortable temperature.

At the commencement of the disease, a gentle emetic may be administered; it has the most happy effect in modifying the future course of the disease; it will do no harm in mild cases, and may prevent violent symptoms which would present themselves, if it were not administered. Ipecacuanha alone, or a mixture of it and tartar emetic may be used.

Unless the case should prove very mild it may be necessary to follow the emetic with a purgative dose of calomel, and if this does not operate in six or eight hours, a dose of castor oil, or magnesia may be given. Afterwards the bowels should be kept open with mild depletive cathartics, such as Epsom salts, or, if there is nausea and vomiting, the scidlitz powder may be given.

When the fever is fully formed the patient's body and limbs may be sponged with warm water, especially if the skin is hot and dry. The internal refrigerant treatment may now be adopted. The patient may be allowed to drink frequently, but moderately, of cold water, and hold ice in the mouth. Small doses of the neutral mixture may be given every two or three hours.

Nervous derangement may be counteracted by sweet spirits of nitre, or camphor-water. We should always be on the watch for symptoms of debility, and meet them promptly with tonics and stimulants. Sulphate of quinine, the compound infusion of Peruvian bark, or mineral acids; and, in cases of great debility, still stronger stimulants may be used, such as capsicum, carbonate of ammonium, oil of turpentine, and wine diluted with water.

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#### SECTION XIV.

##### ERYSIPelas.—(*St. Anthony's Fire.*)

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This is an exanthematic fever, which affects the skin, or sub-cutaneous cellular tissue, or both. Every part of the body

is liable to be attacked, but the most frequent locality is the legs, face, and hands.

It is caused by a peculiar poison, and is not contagious. Sometimes it is a local disease, and the immediate *cause*, some local injury.

*Symptoms.*—Erysipelas generally begins with the usual symptoms of fever. The patient also complains of languor, general uneasiness, aching, soreness, and stiffness in the joints; frequently there is soreness of the throat, and swelling of the lymphatic glands in the vicinity of the part affected. Generally about the second or third day of the fever, the phenomenon of the disease shows itself in the form of a small, reddish spot, somewhat elevated above the skin, painful and tender to the touch. This may present itself on any portion of the body, but is much more frequent upon the face than elsewhere, especially about the nose, cheek, or the rim of the ear. The inflamed spot gradually spreads, exhibiting almost always, as it advances, an irregular, abrupt, and somewhat elevated margin, which shows a striking boundary between the sound and diseased skin. The diseased part is red and shining, hot to the hand, and generally harder than the sound part. The redness disappears under pressure, and quickly returns when the pressure is removed. There is usually much swelling, the skin is thick and hard.

The face is often so much swollen that the features are obliterated. There is a burning, tensive, prickling pain, with much tenderness. Sometimes the inflammation gradually rises for three or four days, and then subsides, and terminates by the cuticle falling off.

*Treatment.*—The treatment may be commenced with an emetic to advantage; and if the patient is plethoric it should be followed by a purgative dose of calomel, with refrigerant diaphoretics; for this purpose the neutral mixture may be used, or nitrate of potassium. At night, after depletion, the Dover's powder may be given. If the disease continue

beyond a week it may be proper to gently affect the system with *mercury*, calomel combined with ipecacuanha and opium.

*Local treatment.*—Some bland mucilage should be applied to the swelling, such as flax-seed, or slippery elm. When it is disposed to spread and invade important organs, it should be circumscribed with nitrate of silver, or tincture of iodine. When there is inflammation of the cellular tissue, and matter forms under the skin, free incisions should be made, and followed by poultices of mashed cranberries in their crude or raw state.

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## SECTION XV.

### RHEUMATISM.

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There are four varieties of this disease,—the acute, subacute, chronic, and nervous.

#### ACUTE RHEUMATISM.

*Symptoms.*—The acute form of the disease usually attacks the large joints, sometimes a single joint is affected, and others follow in succession. The tissues and muscles may also be attacked. There is considerable fever, commencing with, or soon following the local inflammation. The pulse is full and strong, the tongue thickly furred; there is excessive pain in the joints, which is much increased by pressure or movement. It is apt to change from one joint to another.

*Causes.*—It is brought on by exposure to cold and damp, after free perspiration, especially in persons constitutionally predisposed. It is hereditary. It seldom occurs in old age, or in childhood.

*Treatment.*—In acute Rheumatism, a large proportion of cases recover with very slight care; and in many, medical treatment is of little further service than as obviating the tendency to internal inflammation. The further treatment

of the disease may commonly be intrusted to purgatives, calomel and opium, antimony, colchicum, and the common saline diuretics. In many cases calomel and opium have been very successfully employed.

#### SUB-ACUTE RHEUMATISM.

This is very common ; it occurs in the muscles, but it may attack the joints, involving either the synovial membrane, or the surrounding ligaments. This is often attended with very severe pain, but much less swelling than in the acute form. When it attacks the muscles it causes pain on movement; when the mucous membrane of the bowels, it produces diarrhea ; in the bronchial tubes, symptoms of a bad cold, etc.

It sometimes causes disease of the heart, it also attacks the diaphragm, or the womb,—in the latter case it causes dysmenorrhœa. It often resembles neuralgia, and may last many months.

The *treatment* of the *sub-acute* form is about the same as the others, except that calomel is used sometimes to produce a constitutional impression.

#### CHRONIC RHEUMATISM.

This variety may exist in the fibrous, synovial, or muscular tissue, but most frequently in the joints. There is no fever or heat, and but little redness. There is an obscure, dull pain, usually worse at night, and in cold, damp weather. The joints affected frequently become permanently stiffened. It may last for a lifetime, and it is frequently the result of the *acute* form, or produced by the same cause, partially modified by the constitution. It may be cured, or relieved for a time, but is very apt to return. It sometimes resists all treatment, and in the course of years wears the patient out with constant pain and suffering.

*Treatment.*—At first we should give a moderate purge of the compound extract of colocynth, and afterward keep the bowels open by giving a small tea spoonful of sulphur

three times a day; the hot bath, especially the sulphur springs, are excellent. Dover's powder may be given at night, from one grain to a grain and a half of iodide of potassium may be taken three times a day, and if the rheumatism is in the joints, they should be painted every day with the tincture of iodine till the skin is rough and cracked, when it should be discontinued, and stramonium ointment applied.

A long journey or a sea voyage often proves very beneficial.

#### NERVOUS RHEUMATISM.

In this form of the disease it is altogether of a nervous character, and there is no inflammation. It is analagous to the nervous gout.

*Treatment.*—In the acute variety, if the patient is plethoric or robust, and there is much inflammation, blood should be taken freely from the arm, or cups applied in the vicinity of the affected part.

Dr. J. K. Mitchel who regards it as a disease of *spinal* origin, has had much success in the acute form, by the application of cups along the spine, in the neighborhood of the affected part.

Active purgatives should be given at the commencement, salts and senna will answer; it should be repeated every two or three days, or the bowels be kept steadily open by frequent doses of Rochelle salts. Fifteen drops of the wine of colchicum should be given three times a day. Refrigerant dia-phoretics should be administered every few hours during the day, and a full dose of Dover's powder given at bedtime.

*Treatment.*—As regards the *local* treatment, the joints, or the parts affected may be rubbed with a liniment made as follows:

R.	Spirits of turpentine,.....	2	ounces,
	Alcohol,.....	2	"
	Tincture of camphor,.....	1	"
	Oil of sassafras,.....	½	"
	Oil of cedar, .....	½	"

Mix and shake well. After the application of the liniment, the part should be covered with flannel. A hop poultice is also recommended.

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#### SECTION XVI.

##### GOUT.—(*Arthritis.*)

This is a constitutional disorder, much resembling rheumatism; it is characterized by pain in the joints, and inflammation, or irritation, in different parts of the body; it generally commences in the great toe, and then moves to the smaller joints. It occurs in adults, and in persons of active and strong constitutions. Sometimes it is preceded by a slight fever, but usually the patient is attacked in the night, without warning; being seized with excruciating pain. There are usual signs of heat, swelling, redness and great tenderness. In about nine or ten hours all these symptoms subside, except the swelling, which presents an appearance very much like dropsy. The fever remits as the other symptoms subside, but the paroxysms return the next night; it continues this intermittent course for seven or eight days, when it passes away with profuse perspiration. After the paroxysm is over the patient feels greatly relieved and much better.

But it will be highly necessary, after his recovery, for him to exercise great care for a long time, or it will return again; and each recurrence will be at a less interval and more severely, till it really assumes the chronic form; by which time the joints become contracted and stiff.

Persons subject to the Gout, who are attacked with inflammation in any part of the body, will derive great benefit from colchicum, when other medicines prove futile.

Gouty persons often suffer dangerous disorders. They are sometimes attacked with shivering, cramp, or severe pain in the stomach, headache and delirium, or palpitation of the heart, etc.; and as the disease makes its appearance in the

foot, the patient is relieved of these symptoms, from which we may form a just conclusion that they originate from gouty poison.

#### CHRONIC GOUT.

This is usually the result of the acute. The attacks are frequent but without fever; parts affected are of a red or purplish color, with a dropsical appearance from the synovial effusions. It moves about from joint to joint.

*Cause.*—This is very obscure. Too much rich, stimulating food, wine, etc., without sufficient exercise, may have much to do in predisposing a person to an attack of the Gout.

*Treatment.*—We must bear in mind that the external symptoms are not all of the disorder, and therefore it should not be repelled.

An active cathartic should be given, of calomel and senna, followed in a few hours with from twenty-five to thirty drops of colchicum, which may be administered every two or three hours, together with magnesia or epsom salts, in such doses as will keep the bowels freely open; and a full dose of Dover's powder should be given at night. An occasional dose of blue mass and bicarbonate of soda will be beneficial.

As regards *local* treatment, little should be done. The part should be bathed in warm water, and dressed with a mild camphor liniment and wrapped in flannel. It is dangerous to apply cold water or revulsives.

Treatment during the interval should be such as to correct the habits of the patient so as to remove the tendency of the disease. The diet should be plain but not too abstemious; vigorous exercise, especially on horseback. A pill containing one grain of blue mass, one-half grain of extract of colchicum, and three grains of the compound extract of colocynth, may be taken every other night. In chronic gout the digestive organs should be attended to, iodide of potassium, or iron may be given as an alterative. A long journey, or sea voyage, sometimes has the most happy and salutary effects.

## CHAPTER II. LOCAL DISEASES.

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### SECTION I.

#### INFLAMMATION OF THE STOMATITIS.

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The inflammation of the mouth occurs in several varieties, We shall speak first of the

##### COMMON DIFFUSED SORE MOUTH.

It is diffused over the whole surface, or occurs in patches. It is sometimes attended with submucous infiltration. It is characterized by a whitish, curdy matter. Both infants and adults are liable to this disease.

*Treatment.*—A gentle purgative may be given, such as epsom salts. The local application consists in mild astringents; alum and borax, dissolved in sage tea, and sweetened with honey, is an excellent gargle; the patch may be touched with a solution of the sulphate of zinc.

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### SECTION II.

#### THRUSH.—(*Infantile Sore Mouth.*)

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This complaint exists chiefly in infants, although it sometimes manifests itself in adults, in the last stage of diseases, when the patient has become much debilitated, as in cases of consumption, dysentery, etc.

It first makes its appearance with an eruption of small, round, whitish spots, inside of the lips and at the corners of

the mouth, which shortly become confluent or run together, and form a whitish coating, spreading over the whole surface of the mouth; it often extends to the throat and stomach, and very frequently the whole length of the alimentary canal, sometimes terminating in small ulcers. It may proceed from some constitutional derangement of the parents, improper diet, inattention to cleanliness, and other causes.

*Treatment.*—Borax dissolved in sage tea, with the addition of a little honey, is considered to be one of the best remedies for this complaint, used as a gargle or wash. If the disease does not yield, then apply a solution of nitrate of silver. If the patient is constipated, make use of magnesia; should diarrhea be present, give an infusion of *yarrow* or sweet fern; if this fails to produce the desired effect, administer small doses of Dover's powder; and tonics in cases of debility. It would, however, be advisable in good constitutions to give at first a laxative, as magnesia, or castor oil.

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### SECTION III.

#### SORE MOUTH OF NURSING WOMEN.

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This is an ulcerative sore mouth peculiar to women while nursing, or in an advanced stage of pregnancy. The first manifestations of the disease is a loss of taste, and a painful, scalding sensation in the mouth; its attacks upon the patient are frequently very sudden. Sometimes the ulcers commence with the disease; at other times inflammation may exist for several days before they make their appearance. They are very tender, and the patient experiences much pain upon taking food, or drink, unless it is of the blandest character. The disease is at first local, and unattended with fever, but, if not arrested, it soon extends to the surrounding parts, creating serious consequences. Sometimes it extends to the nose or throat, and frequently to the stomach and bowels,

producing diarrhea. The patient becomes very much debilitated and emaciated. It sometimes terminates in death.

*Treatment.*—This should be of such a character as will prove to be an alterative and purify the blood. An infusion of Peruvian bark and Virginia snake-root, or sulphate of quinine, carbonate of magnesia, or soda, may be given to correct the acidity. Iodide of potassium is highly recommended; also the compound mixture of iron. The local treatment should consist in the application of mild astringents, infusions, or a solution of the nitrate of silver, sulphate of zinc, or creosote water.

If these remedies fail, the child should be taken from the breast, when a cure usually follows. The diet should be of milk or farinaceous substances.

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#### SECTION IV.

##### QUINSY.—(*Tonsillitis.*)

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Quinsy commences with soreness of the throat. The tonsils, which are situated at the root of the tongue on each side, are swollen and inflamed, and cause much pain in swallowing. It is usually caused from sudden exposure, or by taking cold while in a state of perspiration. Young persons are more subject to its attacks than those more advanced in life.

*Treatment.*—When the first symptoms show themselves, a cloth wet with cold water and applied to the neck, and dry flannel wrapped around over it, often arrests, and removes the disease. The patient must be kept in doors, and out of the wind, and the flannels continued; also tartrate of antimony and ipecacuanha will usually repel it in the forming stage.

A gentle cathartic may be given to open the bowels; and a Dover's powder at night.

The force of the circulation may be kept down by small

doses of tartar emetic or refrigerant diaphoretics; the tonsils may be touched with a strong solution of nitrate of silver or powdered alum.

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## SECTION V.

INFLAMMATION OF THE STOMACH.—(*Gastritis.*)

The mucous membrane of the stomach is usually the seat of this disease; though it sometimes extends to the other coats, and may even implicate the whole stomach.

There are two forms of this disease, chronic and acute. Inflammation of the stomach is considered to be dangerous, and should therefore receive immediate attention.

*Symptoms.*—This is usually attended with constipation, and great prostration of strength; the skin hot and dry; intense thirst, and a strong desire for cooling drinks, which immediately produce vomiting when taken. There is acute pain over the stomach; and it is aggravated by breathing, or pressure, or by coughing; it is also much aggravated by taking any kind of food, or drink; especially if it be either too hot, or too cold. The pulse is small, quick, and intermittent; the tongue red at the tip and edges. In the last stage of the disease, hiccup, vomiting, and convulsions appear, which we may regard as the most dangerous symptoms.

*Causes.*—This frequently results from taking immoderate drinks of cold water while the system is overheated, or from having taken into the stomach acids or poisons, or from external injuries.

*Treatment.*—If it results from poison, an emetic should be given, or the appropriate antidotes; as we can readily judge of the election from the circumstances of the case. Warm fomentations, such as wheat bran poultices, or a cloth wrung out of hot water and applied to the region of the stomach; a little laudanum, or infusion of poppy leaves sprinkled on the

poultice will add much to its efficacy in allaying the pain; or a mustard plaster may be applied, and permitted to remain long enough to produce irritation, without drawing a blister; also sinapisms to the feet. It will not be proper to administer any medicine by the mouth except calomel. The most prudent form of internal medicine for this disease, is by way of injection. These may be made of warm water, or thin water-gruel; and if the bowels are constipated, a little sweet oil and honey, or manna may be added; these nourish the patient, who is often unable in this complaint to retain any food upon the stomach. For this cause they should not be neglected, as the patient's life may depend on them.

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## SECTION VI.

## SEA-SICKNESS.

*Symptoms.*—This disease is very sickening and distressing. It commences with a sensation of uneasiness, sinking, and great distress in the region of the stomach, which sometimes last upon the ocean, for several days, or even weeks. Vomiting, however, usually comes on soon after the first symptoms, and is very distressingly accompanied with convulsive heavings of the stomach. The wretched feelings of the patient are often so great as to render him quite indifferent to every thing that passes around him. It is usually harmless, but there are some few instances where it has proved fatal.

*Treatment.*—Generally little can be done besides a palliative course of treatment. Persons can alleviate their distress by fixing their attention on, or employing themselves with something calculated to interest the mind. The system should be kept free from bile, or any other irritating substance; the food should be taken in moderate quantities, and of such kind as is easily digested. Carbonic acid, acidulated

drinks, and opiates, may be used. For some constitutions colchicum proves of great service. In order to obviate the sickness, the patient should keep out in the open air as much as possible.

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## SECTION VII.

## SICK-HEADACHE.

*Symptoms.*—Sick-Headache is fluctuating or spasmodic; attended with faintness in the morning, and is to be considered a symptom of gastric, uterine, or other disorders, and to be treated accordingly. There are usually some premonitory symptoms which indicate its approach, such as a confused sensation about the head, dullness, irritability, etc.; but sometimes the pain in the head comes on abruptly, slightly at first, but increases till it becomes intense. Not unfrequently the patient complains of pains in the back and loins, and a feeling of uneasiness. The foregoing symptoms, or some of them, accompanied with nausea and sickness of the stomach, increase till vomiting sets in. The matter ejected from the stomach is usually of a sour or bilious character. The vomiting often affords relief, and the patient may sleep, and awake in a few hours, usually feeling much better.

*Treatment.*—If acidity of the stomach is suspected, a drachm or less of sulphate of magnesia may be given; or if we do not want an action on the bowels, we may substitute a drachm of carbonate of soda. If we suspect bile to be the cause, some quick, gentle cathartic must be administered, as half an ounce of epsom salts, or salts and senna, or if the liver is affected, and dormant, a dose of calomel should be given. Nervous stimulants will sometimes remove it. A cup of strong tea produces the happiest effect in many cases where there is nervous disorder.

## SECTION VIII.

INDIGESTION.—(*Dyspepsia.*)

This is a disorder of so frequent occurrence, that but little will be required by way of explanation, although it is a disease which varies greatly in different cases.

Digestion is one of the most important functions performed in the human system. Indigestion is a derangement, or depression of the functions of the stomach, and is sometimes attended with irritation, though *rarely* with inflammation.

*Symptoms.*—It is characterized by a vague sense of uneasiness in the epigastrium; and is usually attended with an extended series of nervous symptoms, such as loss of appetite, flatulency, nausea, acrid and bitter eructations, heart-burn or water brash, and palpitations. There is a gnawing sensation in the stomach when empty, and it is frequently replaced, after eating, by a sense of fullness, or distention; pain in the side, much constipation, languor, paleness of countenance, and depression of spirits.

A part of the foregoing symptoms may be present in some cases, while others may be attended with sick-headache, vertigo, dimness of vision, etc.

*Causes.*—This is sometimes occasioned by partaking of indigestible food; eating rapidly, and without proper mastication; immoderate repletion, and over distention of the stomach; the excessive use of alcoholic liquors, opium, or other stimulants, particularly strong tea and coffee; also the use of tobacco; grief and anxiety, intense, and protracted study; much exposure to damp and cold air, and profuse evacuations.

*Treatment.*—The treatment of this disease consists in restoring the tone of the stomach by tonics, exercise, a regulation of diet, and gentle laxatives, which usually are effectual in removing the causes. The bowels should be kept regularly open; small doses of blue mass are often useful; also a com

bination of tonics, laxatives, and antacids, prove beneficial. Aloes, or rhubarb, are medicines well adapted to this disease; rhubarb is used in all cases; aloes in all where piles and uterine irritation is not present; magnesia should be used where there is acidity of the stomach; tonics should be used with moderation; nausea, and a sense of fullness or weight at the stomach, may be relieved by an emetic; flatulence by a decoction of catnip. Quassia, gentian, and columbo, make excellent bitters; chamomile is recommended in mild cases; wild cherry when there is an intermittent circulation, indicated by the occurrence of palpitations; serpentaria in cases of great prostration of the system. Valerian should be combined with the bitters when the patient is suffering from nervous derangement.

*Dose.*—A wine glassful three times a day upon an empty stomach. The patient should take exercise by riding as much of the time as possible; this will often effect a cure when medicine fails. Riding on horseback is very beneficial.

*Diet.*—This should be light, easy of digestion, and nutritious; and taken frequently, but in small quantities. Pastry and all kind of greasy food should be avoided. The patient should eat nothing but what agrees perfectly well with his stomach.

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#### SECTION IX.

#### INFLAMMATION OF THE BOWELS.—(*Enteritis.*)

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This disease is very similar, usually proceeds from the same sources, and requires nearly the same manner of treatment as for inflammation of the stomach.

*Causes.*—It may be occasioned by worms, costiveness, eating large quantities of nuts, or unripe fruits, drinking hard cider, beer, malt liquors, etc.

The inflammation of the intestines is denominated the *iliac passion, enteritis, etc.*, according to the parts affected.

It is exceedingly dangerous, and speedy in its progress. Doubtless it may be considered one of the most dangerous diseases that mankind is liable to. It is most apt to occur at the meridian, or advanced stage of life. When the pain and inflammation continues to increase with severity, it often terminates in gangrene, sometimes in the space of a few hours from its commencement; the indications are an entire absence of pain, shrinking of the features, sinking of the pulse, and distention of the belly. When terminating favorably, it greatly abates, and passes off by resolution.

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## SECTION X.

## DIARRHEA.

This may usually be regarded a morbid state of the functions, which arises from various causes. It should therefore never be checked, unless we find it to reduce and debilitate the patient from too long continuance, for the sudden arrest of this complaint many times produce evil consequences, and often fatal results. A looseness which is periodical should never be checked. It is always regarded as an effort of *nature* to carry off some offending matter, which, if retained in the body, may terminate seriously. Children are very subject to this complaint, more especially while teething. It seldom proves injurious to them, but often such children cut their teeth much easier.

*Symptoms.*—Diarrhea is indicated by frequent loose or liquid evacuations from the bowels, without tenesmus or fever. The discharges are preceded by rumbling, distention, and hardness of the bowels; griping pains, eructations, nausea, etc. The complaint is often attended with loss of appetite, and a sinking or general sense of exhaustion. *Bilious Diarrhea* is manifested by slimy, watery, greenish, or yellowish colored evacuations.

*Causes.*—This sometimes proceeds from hepatic derangement, acrid, or poisonous substances taken into the stomach, violent emotions, or exercise of the mind, obstructed perspiration, worms, drinking bad water, or excessive draughts of *cold* water; excess of fruit, or when in an unripe state, or from eating spoiled provisions. It is a frequent attendant of fever, phthisic, etc.

*Treatment.*—The treatment in this complaint should be slow, or of a mild character; yet we may be governed by circumstances.

When diarrhea is the result of improper food, and medicine is required, a dose of rhubarb and magnesia, or castor oil may be given, succeeded by chalk mixture. The patient should be kept warm in all cases. In the acute and chronic forms of this complaint, the treatment may be similar to that of dysentery. In the chronic form a milk diet, when boiled, or rice will be found very beneficial to the patient if it agrees with him.

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## SECTION XI.

### DYSENTERY.—(*Bloody Flux.*)

This disease prevails mostly in the latter part of summer and autumn, though it may take place at any time during the year. It usually prevails to a great extent in marshy sections, and is considered to be epidemic. Persons are most liable to its attacks who reside where the air is bad or confined. Hence it often proves fatal in hospitals, on ship board, and in similar places, or where many are crowded together. It is very frequently communicated by infection. This should lead us to be very cautious in being near persons suffering with the disease. We should keep camphor about us, or vinegar, and often smell of it; the room, likewise, should be sprinkled often with vinegar; rub the patient's face and hands, and permit him often to smell of it.

Cleanliness is of the greatest importance in this disease, as it contributes largely to the recovery of the patient, and no less to the safety of such as attend him. We find in all contagious diseases the danger is increased and the infection spread by the neglect of cleanliness; perhaps in no one disease more than in this. Every thing about the patient should be frequently changed. The excrements should not be permitted to remain in his chamber, but removed immediately and buried under ground; even the smell of these has been known to communicate disease.

Pure fresh air should be permitted to pass through the room, but the patient should be placed where the wind may not pass directly over him.

*Symptoms.*—This complaint commences somewhat like other fevers, with chilliness and fever; loss of appetite and strength; intense thirst; sometimes nausea, or an inclination to vomit, or costiveness, and it is soon succeeded by loose evacuations, attended with griping, and violent pain in the bowels. The discharges are usually at first frothy, or mucus; the mucus mingled with blood; and at last pure blood, attended with tenesmus, or a constant straining and desire to evacuate the bowels. Persons in the last stages of the disorder are sometimes troubled with flatulency.

We may readily discern Dysentery from diarrhea, by the sharp pain in the bowels, and evacuations of blood. When vomiting and hiccough are present, it is an indication of inflammation of the stomach. When the evacuations are very dark, or green, or have an exceeding offensive odor, the danger is very great, as it indicates the disease to be of the putrid character.

*Causes.*—From taking cold, and obstructed perspiration; drastic purges; worms; acrid, indigestible food; the effluvium from putrid animal substances, and vegetable miasmata.

*Treatment.*—First give an emetic of ipecacuanha. From one scrupie to half a drachm is usually sufficient for an adult; let him drink warm, weak chamomile, or dog fennel tea. In

about three hours after the operation of the emetic is over, give a dose of rhubarb, or, from an ounce to an ounce and a half of epsom salts. After this operation is over, give an infusion of black or wild cherries in New England rum.

*Dose.*—A table spoonful every hour through the day; in the intervening time give a tea made of mallows. Mallows alone, boiled in milk, has cured, in many instances, without the aid of any other medicine. Let this be the patient's beverage. Sometimes injections are found very profitable, made of the mallows and blackberry roots. The patient should avoid all cold drinks, and the less he drinks the better, as large quantities of drinks feed the disease.

If these remedies should not prove sufficient, give for a cathartic a dose of blue mass. If the disease should not begin to yield in about a week, the mercurials may be more freely administered, so as to affect the mouth.

Two or three grains of ipecacuanha, mixed with a table spoonful of the syrup of poppies, and taken three times a day, for some time, usually effects a cure. Flannel worn next to the skin proves very effectual in this disorder, as it promotes perspiration without overheating the body; great caution, however, should be exercised in leaving it off. For whatever purpose this part of dress is worn, it should never be left off but in a warm season. Also in this disease the greatest attention must be paid to the patient's diet. Flesh, fish, and every thing that has a tendency to turn putrid or rancid on the stomach must be avoided. Sound ripe apples boiled in milk and eaten by the patient is calculated to counteract the tendency to putrefaction, from whence the most dangerous kind of Dysentery proceeds. The chronic forms of this complaint may be treated nearly after the same manner. Tonics are very useful when it assumes an asthenic form; of these may be given cinchona and the infusion of serpentaria, columba or simarouba barks. The bowels should be kept regularly open. A very suitable drink in this disorder is whey. Dysentery has often been cured by this alone. A diet of sound ripe fruits and boiled milk has cured this disorder after medicines have failed.

## SECTION XII.

## FLATULENCE.

By this is understood a morbid collection of gas in the stomach and bowels. Flatulency is often a symptom of other diseases, especially indigestion, colic, cholera, hysteria, and hypochondriasis.

*Treatment.*—For the cure of this disease, carminatives, aperients, and tonics are resorted to, as nutmegs, cardamoms, pimenta, pepper, capsicum, camphor, peppermint, cinnamon, rosemary, lavender, pennyroyal, etc.

The aromatic essential oils are powerful carminatives. If these do not succeed, etherial preparations and warm tonics should be given, and the strictest attention paid to the diet, in which all oleraceous vegetables, and all kinds of peas, beans, and flatulent fruits, should be avoided; also, large draughts of fluids. The diet should consist of plain animal food.

## SECTION XIII.

CONSTIPATION.—(*Costiveness.*)

Constipation is usually dependent upon some other derangement of the organism, and on this account it is frequently alluded to as a symptom of other derangements. Costiveness is not always a disease, for many persons in robust health are not accustomed to have their bowels emptied oftener than twice a week.

The sluggishness or torpidity of the bowels may be produced by various causes: sometimes the food is not sufficiently stimulating, sometimes there is a deficiency, or depraved condition of the bile, which is a natural stimulus to the bowels. In other instances there is a defect of tone in

the muscular fibres of the bowels themselves, so that they are not sufficiently affected by natural and healthy stimuli.

*Treatment.*—The treatment of Constipation consists in adopting a diet free from all astringents, using corn or rye bread, and regulating the exercise. In most cases, laxative articles of diet, such as stewed fruits, and the frequent use of gentle laxatives, will be found more effectual than the stronger cathartics. Where costiveness occurs in persons of a plethoric habit, the moderate use of venesection will often prove the most effectual laxative. In all cases, emollient and laxative enemas are useful auxiliaries, and in many cases are alone sufficient to restore the healthy action of the bowels. In obstinate cases, the more powerful cathartics, as the croton oil and elaterium, must be had recourse to, conjoined with stimulating elysters. It will be preferable, however, to try a number of different cathartics in succession, than to persevere in violent doses of any one of them ; for, owing to peculiarity of constitution, it sometimes happens that obstipation which has resisted the most drastic medicine, will yield readily to a few grains of aloes, a moderate quantity of epsom salts largely diluted, or something equally simple.

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#### SECTION XIV.

#### CHOLERA MORBUS.

*Symptoms.*—This complaint is usually preceded by cardialgia or heart-burn, acrid eructations, and flatulencies ; with pain in the stomach and intestines. These are succeeded by excessive vomiting and purging of bilious, green, or dark colored matter, with distention of the stomach and acute gripping pains. There is likewise a very quick pulse; intense thirst, and a seated pain about the region of the navel ; urine high-colored, scanty, or suppressed. The severe forms of the disease are sometimes attended with cramps and coldness of

the extremities. At first the contents of the stomach is ejected, and afterwards bile. When faintings, convulsions, and violent hiccoughing are present, they indicate the approach of death. Its attacks are sudden, and most usual in the latter part of summer and autumn. Perhaps there is no disease that destroys life more speedily than this, when it does not receive prompt and due treatment.

*Causes.*—It is caused by repletion or overloading the stomach; excess of cold drinks; eating cucumbers, or unripe fruits; and indulging in too great a variety of luxuries at once; extreme fatigue, and sudden changes of temperature.

*Treatment.*—At the commencement of the disease, the efforts of nature to expel the offending cause should be assisted, by encouraging the vomiting and purging. For this purpose the patient should drink freely of diluting liquors, as warm water, thin water gruel, or very thin, weak chicken broth. This should not only be drank freely to induce vomiting, but an injection of it given every hour and a quarter, in order to promote the purging. After these evacuations have been continued for some time, an infusion of black cherries in new rum or brandy may be taken; give at first a tea spoonful of the liquor every five minutes; as soon as the patient is able to retain this upon his stomach, a table spoonful may be given every ten minutes. My own life was saved by the above treatment, after I had become greatly debilitated, and all other means had proved ineffectual. I did, however, take no drink for the space of eight hours, while taking the cherry liquor. If this should not stop the vomiting, in about an hour and a half from the time the patient begins to take it, a table spoonful of the saline mixture, with eight drops of laudanum, may be administered every three quarters of an hour till it ceases. The purging and vomiting, however, should never be stopped too suddenly. As long as these discharges do not debilitate the patient, they are healthful, and may be permitted to continue, or rather ought to be promoted. But when the patient is weakened by the evacuations, which

may be known by the sinking of the pulse, etc.; and the vomiting can not be arrested, recourse must immediately be had to opiates, as prescribed above; in addition to these means, opium may be employed in the form of an external embrocation. Take tincture of opium one ounce, spirit of camphor half ounce, when mixed together, rub frequently over the region of the stomach. The application of a blister to the stomach will sometimes arrest the vomiting. After the violence of the disease is over, to prevent a relapse, it will be necessary for some time, perhaps a week, to continue the use of the infusion of wild cherries in rum. As the stomach and intestines of the patient are usually much debilitated, the food should be nourishing, but taken in small quantities, and he should use moderate exercise. Sometimes, where the surface of the body becomes extensively cold, and symptoms of exhaustion appear, it will be necessary to administer stimulants, as camphor, ammonia, etc.

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## SECTION XV.

WORMS.—(*Invermination.*)

These are chiefly of three kinds, viz.: the *taenia*, or tape-worm; the *teres*, or round and long worm; and the *ascarides*, or round and short worm. There are many other kinds found in the human body, but they proceed, in a great measure, from similar causes, have nearly the same symptoms, and require almost the same method of treatment as those already mentioned.

The existence of the long round worm is indicated by sickness at the stomach, vomiting, inordinate appetite, picking the nose, distention of the bowels, and sometimes colic.

This worm is also indicated by convulsions, epileptic fits, slimy stools, a dry cough, and sometimes a deprivation of speech. The tape-worm is white, very long, and full of joints. It is generally bred either in the stomach or small intestines.

The round and long worm is likewise bred in the small bowels, and sometimes in the stomach. The round and short worms usually lodge in the *rectum*, or lower bowel, and sometimes occasion a disagreeable itching about the anus. The effects of the tape-worm are nearly the same with those of the long and round, but rather more violent. The short round worms, called *ascarides*, besides an itching of the *anus*, cause swoonings, and tenesmus, or an inclination to go to stool. Small bodies in the excrements resembling melon or cucumber seeds are symptoms of the tape-worm.

*Causes.*—Worms may proceed from various causes; but they are seldom found except in weak and relaxed stomachs, where the digestion is bad. Sedentary persons are more liable to them than the active and laborious. Those who eat large quantities of unripe fruit, etc., are generally subject to worms. Worms frequently arise, likewise, from a peculiar constitutional taint.

*Treatment.*—The most proper medicines for the expulsion of worms are strong purgatives, and to prevent their breeding, stomachic bitters, with now and then a glass of good wine. The best purge for an adult is jalap and calomel.

*Dose.*—From twenty to thirty grains of the former, with five or seven of the latter, mixed in sirup, may be taken early in the morning. The dose may be repeated once or twice a week, for a fortnight or three weeks. On the intermediate days the patient may take a drachm of the filings of tin, two or three times a day, mixed with sirup, honey or molasses.

Those who do not choose to take calomel may make use of the bitter purgatives; as aloes, tincture of senna, and rhubarb, etc. Oily medicines are sometimes found beneficial for expelling worms.

Many practitioners administer flower of sulphur in very large doses, mixed with honey or molasses, which often proves very successful for the expulsion of worms. Common salt and water may be taken in the morning, and the flower of sulphur may be taken over night; after which may be taken

an infusion of tansy, water trefoil, chamomile flowers, tops of wormwood, or the lesser centaury.

The above directions are intended for adults, but for children the medicines must be more agreeable, and in smaller doses. For a child five years old, seven grains of rhubarb, six of jalap, and two of calomel, may be mixed in a spoonful of sirup or honey, and given in the morning. This dose may be repeated twice a week for three or four weeks. The dose must be increased or diminished according to the age of the patient.

Some of the most certain remedies for the expulsion of worms, are pink-root, spirits of turpentine, worm seed, etc. Pink-root may be prepared by boiling an ounce of the root in a pint of water, down to half a pint. This quantity is to be drank in the course of three or four hours, by a child from six to ten years old. Half an ounce of senna may frequently be added to the root, at the time of boiling, with advantage. The decoction should always be sweetened with manna or sugar. If the bowels are not moved in a short time after the whole of the decoction is taken, an active dose of oil and turpentine should be administered. Half an ounce of castor oil to two drachms of turpentine is a proper dose.

Take of saffron, aloes, and myrrh, one ounce each; steep the myrrh four days in half a pint of rum or brandy, then add the saffron and aloes.

*Dose.*—Give a tea spoonful twice a month to children, and they will never be troubled with worms.

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## SECTION XVI.

### SCROFULA.—(*King's Evil.*)

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Scrofula is a disease very difficult to define: it consists in hard, indolent tumors of the conglobate glands in various parts of the body, but particularly in the neck, behind the ears, and under the chin, which, after a time, suppurate and

degenerate into ulcers, from which, instead of pus, a white, curdled matter, somewhat resembling the coagulum of milk, is discharged. It is most common between the third and seventh year of childhood, but it may arise at any period between this and the age of puberty.

*Symptoms.*—This disease is indicated by certain external peculiarities of appearance.

The majority of scrofulous persons have a fair, soft skin, and rosy complexion, large blue eyes, and a tumid upper lip; their constitution is languid and yet irritable; the muscles are slender and deficient in tone; but those of a different character are not exempt from it. Scrofulous individuals who are characterized by a dark, sallow complexion, black hair, a harsh skin, a torpid constitution, suffer much, and in such persons it is very inveterate. It is, for the most part, hereditary.

*Treatment.*—In conducting the treatment of this disease, it must always be borne in mind, that it is one of debility, so that our chief dependence must be on a tonic and stimulating plan, so modified as to meet the patient's age, temperament, and manner of life. It is of the greatest importance to select a dry, equable, and salubrious situation for the residence of the patient. The diet should be as invigorating as the stomach will bear, and consist of a free use of tender beef and mutton, dilute wine, and good porter. Tonic and stimulant medicines are to be exhibited regularly, either alone, or in combination with alkalies, or acids, or some of the anti-scorfulous remedies, among which, the principal are the preparations of iodine, cinchona, chalybeates, the alkalies, with decoctions of yellow dock and sarsaparilla. *Hyoscyamus* and *conium* are preferable to opium where there is much pain; they are also applied in poultices. A mixture of equal parts brandy and salt, applied externally, is very good; take also two table spoonsful of the same, morning and evening; or, bathe daily in sea water, and drink small quantities of the same.

## SECTION XVII.

FELON, OR WHITLOW.—(*Panaris Paronychia.*)

There are three kinds of whitlow. 1st.—The mild, which is seated around the nail. 2d.—That seated under the skin and fascia of the inside of the finger; and 3d.—That which is situated under the membrane covering the bone. The last is the most distressing, and often, when not attended to in time, causing the loss and destruction of the bone.

*Treatment.*—The application of a plaster composed of unslaked lime and soft soap, is a sovereign remedy in either of the above species of the complaint. This should be kept on from ten minutes, to one, two or three hours. After this is removed, the sore, by the frequent application of a warm bread and milk poultice, will soon heal. If proud flesh be present, a little pulverized burnt alum should be strewed upon the poultice. If the plaster is applied previous to suppuration taking place, it will arrest the disease at once. If matter is formed, it will be discharged with comparatively little pain.

## SECTION XVIII.

## POISONS.

That which, when applied externally, or taken into the human body, uniformly effects such a derangement in the animal economy as to produce disease, may be defined a poison. There are four kinds of poisons, viz: mineral, vegetable, aerial, and animal.

*Treatment.*—In cases of poisoning by *arsenic*, active emetics should be administered, mucilaginous and warm drinks—whites of eggs are to be freely administered, to enable the

operator to collect all the particles in the stomach ; and, as soon as it can be prepared, a table spoonful of fresh *hydrated sesquioxide of iron* is to be given every five minutes until relief is obtained. If the means do not exist at hand for the preparation of this antidote, lime-water is the next best means within reach. The after treatment is chiefly counter-irritant and demulcent, but must be directed according to the urgent symptoms, for the poison may act almost entirely on the heart and nervous system, prostrating their action. Clysters and suitable means are to be taken to evacuate the whole alimentary canal.

*Bismuth*.—The antidote for this, is milk and mucilaginous diluents, which should be given along with purgatives.

*Preparations of Lead*.—The antidote to these is epsom or Glauber's salts, taken in hard water.

*Corrosive Sublimate*.—Its antidote is albumen : as soon, therefore, as it is known to have been swallowed, the white of eggs should be given, mixed with water, every two or three minutes. If eggs can not be obtained, large draughts of milk may be useful as a substitute. Inflammation is to be combated by the ordinary means, as also the ptyalism occasioned by this in common with the other preparations of mercury.

*Nitrate of Silver*.—A table spoonful of common salt may be dissolved in a pint of water, and a wine glassful given every five minutes. This may be followed by mucilaginous drinks.

*Preparations of Tin*.—For this, milk is as good an antidote as any.

*The Mineral Acids*.—When the sulphuric, nitric, or muriatic has been swallowed, calcined magnesia, mixed with water, should be immediately administered ; or, if this be not at hand, chalk or soap, which can always be procured in one form or another, may be substituted for it.

*Oxalic Acid*.—The antidote for this is calcined magnesia or chalk.

*Alkalies and their Carbonates.*—These are best neutralized by vinegar.

*Nitre.*—Mucilaginous diluents and opium are most serviceable; bleeding may also be required.

*Lime.*—For this also, the best antidote is vinegar.

*Muriate of Ammonia.*—Vomiting is to be encouraged by large draughts of water, and inflammatory or nervous symptoms to be treated in the ordinary way.

*Phosphorus.*—No antidote is known for this. Large draughts of water or demulcents are naturally indicated, and emetics.

*Alcohol.*—The effects of excessive intoxication from alcoholic liquors are best counteracted by the immediate use of a strong emetic, as the sulphate of zinc or copper, and the stomach pump. Vomiting should be encouraged by draughts of warm water, and the intestines stimulated by saline enemata. Should there appear to be great determination of blood to the head, venesection, and the application of cold water to the head, are indicated.

*Poison of Fish.*—Vomiting and purging, and diluents, are indicated to get rid of the offending matter, and weak alkaline solutions have been thought useful. Spasm is to be allayed by opium, and inflammation by the ordinary means.

*Cantharides.*—Sweet oil should be given in large quantity to excite vomiting, and linseed tea or milk as a demulcent. Emollient enemata are to be administered. Inflammation of the intestinal canal or urinary passages is to be treated on ordinary principles.

*Venomous Insects.*—Hartshorn and oil may be gently rubbed on the injured part; and if much inflammation ensue, an emollient poultice may be applied.

*Bite of a Rattle-snake.*—Half a wine glass of olive oil, taken internally, is said to be a certain cure for the bite of a

rattle-snake and other poisonous reptiles. A little should also be applied to the wound.

*Another remedy is the following.*—The root and branches of *plantain* and *hoarhound*, bruised in a mortar, and the juice expressed; of which give a table spoonful as soon as possible. In an hour if necessary give another spoonful. Apply to the wound a leaf of tobacco moistened in rum. This remedy was discovered by a negro, for which his freedom was purchased, and an annuity settled upon him by the General Assembly of Carolina.

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#### SECTION XIX.

##### COLIC.—(*Enteralgia.*)

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Colics are variously denominated according to their causes, as the *flatulent*, the *bilious*, the *hysteric*, and the *painter's or lead colic*; and each require a peculiar mode of treatment.

*Causes.*—From indigestion, costiveness; and an injudicious use of unripe fruits; excessive use of alcohol; from wetting the feet, and taking cold, or an obstructed perspiration, etc.

*Symptoms.*—Colics are usually attended with costiveness, or vomiting and diarrhea; acute pain of the bowels, more especially about the region of the navel. Sometimes the bowels are distended, at other times the reverse. It usually comes on suddenly. The patient experiences an internal rumbling, and is usually relieved by a discharge of flatus or wind.

##### FLATULENT OR WIND COLIC.

This may be distinguished from the enteritis by the absence of fever. The pain wanders about from one part of the abdomen to another till it finds vent, and is seldom confined to any particular part.

When this disorder proceeds from windy liquor, green fruit, or similar things, the best medicine is an infusion of hot pepper, or *dog-fennel* tea, or the essence of *horsemint*, *peppermint*, or *spearmint* on sugar.

*Dose.*—From twenty-five to sixty drops. Also, apply hot bricks to the feet.

A mustard poultice may be applied over the region of the stomach, and permitted to remain from a quarter to half an hour, where the case proves more severe, and give a dose of castor oil at the same time; or, give a dram of brandy, gin, or any good liquor. This is the only kind of Colic that will admit of the use of ardent spirits, or any thing of a stimulating nature. Nor indeed are *they* to be used here unless at the beginning, before any symptoms of inflammation make their appearance.

It is considered that a Colic occasioned by wind or flatulent food, might always be cured by spirits and warm liquors, if they are taken immediately upon the first symptoms of uneasiness; but when the pain has continued for a considerable time, and there is reason to fear an inflammation of the bowels is already begun, all hot things are to be avoided as poison, and the patient is to be treated in the same manner as for the inflammation of the intestines. Several kinds of food, as honey, eggs, etc., occasion colics in some particular constitutions.

We usually find the best method of cure for these is to drink freely of diluting liquors, as water gruel and what is called toast-bread-coffee or tea, etc. Colics which are occasioned by excess and indigestion, usually cure themselves, by occasioning vomiting and purging. These discharges are by no means to be stopped, but promoted, by drinking freely of warm water, or weak posset. When their violence is over, the patient may take a dose of magnesia or any gentle cathartic to carry off the dregs of his debauch. The flatulent Colics, which prevail so much among country people, might generally be prevented were they careful to change their clothes when they get wet. They ought likewise to take a glass of good

warm *peppermint* water, after eating any kind of green trash, or take a dram of warm spirituous liquor. We do not design to recommend the practice of using spirits unless for medicinal purposes.

## BILIUS COLIC.

*The Bilious Colic* is usually preceded by a bitter taste in the mouth, yellowish coated tongue, which is succeeded by excruciating pain about the navel. The patient is usually costive, and complains of great thirst and uneasiness. After suffering awhile from the pain, he vomits a bitter, yellow colored bile, which being discharged, appears to afford some relief, but is quickly followed by the same violent pain as before. As the complaint advances, the propensity to vomit sometimes increases so as to become almost continual, the bowels are freely moved with bilious stools, and the proper motion of the intestines is so far perverted, that there are all the symptoms of impending enteritis. Clear whey or gruel, sharpened with juice of lemon, or cream of tartar, must be drank freely. Weak chicken broth, with a little manna dissolved in it, or a slight decoction of tamarinds, are likewise very proper, or any other thin, acid, opening liquor. In addition to this, it will be necessary to foment the abdomen with cloths dipped in the warm infusion of poppy flowers in rum, and if this should not produce the desired effect, the patient must be immersed up to the breast in warm water.

In Bilious Colic, the vomiting is often very difficult to restrain. When this is the case, the patient may drink a decoction of toasted bread, or an infusion of *spearmint* in boiling water. Should these not succeed, the saline mixture, with a few drops of laudanum, may be given, and repeated according to the urgency of the symptoms; injections, with a proper quantity of liquid laudanum in them, may likewise be frequently administered.

## HYSTERIC COLIC.

*The Hysteric Colic* bears a great resemblance to the bilious. It is characterized by a great depression of the spirits, with

dejection of mind and difficulty of breathing. It is accompanied with sharp, lancinating pains about the region of the stomach, vomiting, etc.

What the patient ejects in this case is usually of a greenish color. It is sometimes attended with jaundice, but this generally passes off of its own accord in a few days.

In this colic, all evacuations, as bleeding, purging, vomiting, etc., do injury. Every thing that debilitates the patient, or sinks the spirits, is to be avoided. If, however, the vomiting should prove violent, lukewarm water or weak wine whey may be drank to cleanse the stomach. Afterwards the patient may take from ten to thirty drops of laudanum in a glass of cinnamon water. This may be repeated every eleven or thirteen hours till the symptoms subside. The patient may likewise take five or six of the asafoetida pills every seven hours, and drink a cup of *pennyroyal* tea after them.

If asafoetida should prove disagreeable, (which is sometimes the case,) from thirty-five to forty-five drops of the *balsam of Peru*, dropped upon loaf-sugar, may be taken as a substitute.

#### PINTERS' OR LEAD COLIC.

This is a disease very common among painters, miners, manufacturers of lead, glaziers, plumbers, etc.

No disease of the bowels is attended with more acute or lancinating pain than this; nor is it soon at an end. It sometimes continues eight or nine days with very little intermission, the bowels all the while continuing bound in spite of medicine, yet at length yields and the patient recovers. It usually, however, leaves the patient weak, and often terminates in palsy.

The general treatment of this disease is so nearly the same with that of inflammation of the bowels, that we may pass over it.

An excellent mode of treatment, however, consists in the free use of purgatives with opiates, such as calomel and opium, followed by castor oil and laudanum; we sometimes

use the croton oil to subdue the constipation. Barbadoes tar is highly recommended in this disease.

*Dose.*—Two drachms, three times a day, or oftener if the stomach will bear it. This tar, mixed with an equal quantity of strong rum, is likewise proper for rubbing the spine, in case any tingling or other symptoms of palsy are experienced. When the tar can not be obtained, the back may be rubbed with strong spirits, or a little of the oil of nutmegs, or of rosemary.

If the patient remains weak and feeble after he has recovered from the disorder, he must take exercise on horseback, and use an infusion of the Peruvian bark in wine.

In order to avoid this kind of *colic*, persons should shun all sour fruits, acids, and austere liquors, etc. Those who work in lead should never go to their business fasting, and their food should be oily or fat. They may take a glass of salad oil with a little brandy or rum every morning, but should never take spirits alone.

Liquid aliment is best for them, as fat broths, etc., but low living is bad. Great attention should be paid to the bowels, and on the least indication of costiveness, the purgative salts should be administered.

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## SECTION XX.

### ACUTE INFLAMMATION OF THE LIVER.—(*Hepatitis.*)

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The liver is less subject to inflammation than most of the other viscera, as in it the circulation is slower; but when an inflammation does occur, it is with difficulty removed, and often ends in a suppuration or scirrhus.

Hepatitis varies also in its degree of violence and rapidity; being sometimes acute, and sometimes chronic, and often of intermediate grades.

*Symptoms.*—The distinguishing characteristics of this complaint, are a painful tension of the right side under the ribs, attended with a febrile affection, and a sense of weight or fullness of the part; the pain sometimes lancinating and acute, and is increased by lying on the left side; difficult respiration; the bowels usually constipated, with a yellow furred tongue, loathing of food, great thirst, and yellowish color of the eyes and skin.

When the inflammation occurs in the upper or convex part of the liver, the pain is more acute, the pulse quicker, and the patient is often troubled with a dry cough, a hiccough, with a pain extending to the shoulder, etc.

*Causes.*—It is often occasioned by the free use of calomel or mercury, powerful emetics or cathartics; exposure after the liver has been overheated, gall stones, drinking strong liquors, using heating, spicy aliment; protracted remittent and intermittent fevers; sometimes by hypochondriacal disorders, etc.

*Regimen.*—The same is to be observed in this as in other inflammatory complaints. All hot things are to be carefully avoided, and cool, diluting liquors, as whey, barley water, etc., drank freely. The food must be light and thin, and the body, as well as the mind, kept easy and quiet. This disease, if properly treated, seldom proves fatal. A constant hiccough, violent fever, and excessive thirst, are very unfavorable indications. If it ends in a suppuration, and the matter can not be discharged outwardly, the danger is great. When a scirrhus of the liver ensues, the patient, if he observes a proper regimen, may live a number of years tolerably easy; but if he indulges in animal food and strong liquors, or takes medicine of an acrid or irritating nature, the scirrhus will be converted into a cancer, which must infallibly prove fatal.

*Treatment.*—Mercurial and saline purging, diaphoretics, etc., may be the treatment in the early stages of this complaint. All violent purging, however, is to be avoided. After which, the bowels must be kept gently open; a decoction of tama-

rinds with a little honey or manna, will answer this purpose very well. The side affected must be frequently fomented with warm water, in the manner directed in the foregoing diseases. Mild laxative injections should be frequently administered; and if the pain should, notwithstanding, continue violent, a blistering plaster may be applied over the part affected. Medicines which promote the secretion of urine, have a very good effect here. For this purpose half a drachm of purified nitre, or a half tea spoonful of the sweet spirits of nitre, may be taken in a cup of the patient's drink three or four times a day. When there is an inclination to sweat, it ought to be promoted, but not by warm sudorifics. The only thing to be used for that purpose, is diluting liquors, drank about blood warm. Indeed, the patient in this case, as well as in all other topical inflammations, ought to drink nothing that is colder than the blood. If the stools should be loose, and even streaked with blood, nothing must be given to stop them unless they be so frequent as to weaken the patient.

Loose stools often prove critical, and carry off the disease. If the disorder, in spite of all endeavors to the contrary, should end in a scirrhous, the patient must be careful to regulate his diet, etc., in such a manner as not to aggravate the disorder. He must abstain from flesh, fish, strong liquors, or any highly seasoned, or salted provisions; but should, for the most part, live on mild vegetables, as fruits and roots, taking gentle exercise, and drinking whey, barley water, or buttermilk. If he takes any thing stronger, it should be fine, mild ale, which is less heating than wines or spirits.

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#### SECTION XXI.

#### JAUNDICE.—(*Icterus.*)

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This disease may first be discovered in the white of the eye, which presents a yellow color; after which the whole

skin assumes a yellow appearance. The urine, too, is of a saffron hue, and dyes a white cloth of the same color. There is another species of this disease, called the black Jaundice. This disease makes its appearance usually in a gradual, and often in an unobservable manner.

*Symptoms.*—The patient at first complains of headache, slight fever, excessive weariness, and has a great aversion to every kind of motion. The digestive functions are deranged; the bowels usually costive; the tongue foul and yellow; and the patient very often complains of pain in the region of the liver. The skin is dry, and there is usually a kind of an itching or pricking pain over the whole body. The stools are of a whitish clay color. The respiration is difficult, and the patient complains of an unusual load or oppression on the chest. There is heat in the nostrils, a bitter taste in the mouth, loathing of food, sickness at the stomach, vomiting, and flatulency. If the patient be young, and the disease complicated with no other malady, it is seldom dangerous; but in old persons, where it continues long, returns frequently, or is complicated with the dropsy or hypochondriac symptoms, it generally proves fatal. The black Jaundice is more dangerous than the yellow.

*Causes.*—These are various. It may arise from an obstruction of the bile; excessive use of quinine, rhubarb, or calomel in fevers, or from disorders of the stomach and bowels; the bilious or hysterical colic; violent passions, as grief, anger, etc. Strong purges or vomits will likewise occasion the Jaundice. Sometimes it proceeds from obstinate agues, or from that malady being prematurely stopped by astringent medicines. In infants it is often occasioned by the meconium not being sufficiently purged off. Pregnant women are very subject to it. Taking cold, or the stopping of customary evacuations, as the *menses*, the bleeding piles, issues, etc., will occasion the complaint.

*Regimen.*—The diet should be cool, light, and diluting, consisting chiefly of ripe fruits and mild vegetables, as apples,

boiled or roasted, stewed prunes, preserved plums, boiled spinnage, etc. Veal or chicken broth, with light bread, are likewise very proper. The drink should be buttermilk, whey sweetened with honey, or decoctions of cooling vegetables, which are calculated to keep the bowels soluble, or open, as *marsh-mallow roots* with *licorice*, etc. Tapioca, sago, or rice, and gruels made of arrow-root, corn starch, or farina, are also articles of diet very suitable for the patient.

The patient should take as much exercise as he can bear, either upon horseback or in a carriage; walking, running, or even jumping, are likewise proper, provided he can bear them without pain, and there be no symptoms of inflammation. Patients have been often cured of this complaint by a long journey, after medicines had proved ineffectual.

Amusements are likewise of great use in the Jaundice. The malady is often occasioned by a sedentary life, joined to a dull, melancholy disposition; whatever, therefore, tends to promote the circulation and to cheer the spirits, must have a good effect, as dancing, laughing, singing, etc.

*Treatment.*—In this complaint an emetic should be administered, and if the disease prove obstinate, it may be repeated once or twice. No medicines are more beneficial in the Jaundice than emetics, especially where it is not attended with inflammation. Half a drachm of *ippecacuanha* in powder, will be a sufficient dose for an adult. It may be wrought off with weak *chamomile* tea or lukewarm water. The bowels must likewise be kept open by mild purgatives. Rubbing about the region of the stomach and liver, with a flesh brush, and fomenting the parts with an infusion of the flowers of *poppies* in rum, are likewise very beneficial; but perhaps it may be still more so for the patient to sit in a vessel of warm water up to the breast. He should do this frequently, and should continue in it as long as the strength will permit.

Emetics, purges, fomentations, and exercise, will seldom fail to cure the Jaundice when it is a simple disease; and when complicated with the dropsy, a scirrhus liver, or other

chronic complaints, it is hardly to be cured by any means. The soluble tar is likewise a very proper medicine in the Jaundice. A drachm of it may be taken every night and morning in a cup of tea or water gruel. If it does not open the bowels, the dose may be increased. Persons subject to the Jaundice, should take as much exercise as possible, and avoid all heating and astringent aliments.

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#### SECTION XXII.

#### INFLAMMATION OF THE SPLEEN.—(*Splenitis.*)

The first stage of the disease is indicated by a chill, followed by fever, which may have the continued remittent, or intermittent type, and is attended with very great thirst. It greatly resembles the inflammation of the liver, but the pain and tumefaction is in the left side.

*Symptoms.*—Some of the symptoms characteristic of this disease are tension, and deep pain in the left hypochondrium, sometimes acute, sometimes vague and dull, usually increased by pressure over the region of the spleen; and the paroxysms generally assume a quartan form. It is considered to be associated with the liver in purifying the blood. In the severe forms it is attended with vomiting of blood. The bowels are usually costive; but sometimes they become involved in the irritation, and diarrhea or dysentery results. When the patients expose themselves for a short time to the free air, their extremities grow very cold. Like the liver, the spleen is also subject to a chronic inflammation, which often happens after agues, and is called the ague cake.

*Causes.*—It is sometimes occasioned by marsh miasms; sometimes from an inaction of the liver; external violence; the suppression of habitual discharges; rheumatic, and various affections of the skin. In the great majority of cases,

simple inflammation of the spleen, under proper treatment, terminates favorably in resolution. Sometimes, however, it is otherwise, and violent cases may end fatally in a week or ten days, or even in less time.

*Treatment.*—The treatment in this disorder should be similar to that of inflammation of the liver; active purgation, first with combinations of calomel and other cathartics, and afterwards with saline purgatives or senna; warm fomentations or cataplasms, and the warm bath. In connection with purgatives, the sulphate of quinia will be found highly useful. Medicines should be used which are calculated to act on the liver, equalize the circulation, and to purify the blood.

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### SECTION XXIII.

#### MUMPHS.—(*Parotitis.*)

This disease is considered to be epidemic and contagious. It consists of inflammation, and a swelling about the throat. Young persons of both sexes are far more liable to be attacked by it, than those further advanced in life. It is not usually dangerous unless the patient exposes himself when the disease is upon him, and they are thrown back upon the system, so as to involve some of the vital organs.

*Symptoms.*—It is preceded by heaviness, lassitude, and a general sensation of uneasiness, which continue for several days. There is a swelling on the cheek and under jaw; and sometimes the whole neck is involved, so that chewing and swallowing are both obstructed. The swelling increases for four or five days, and sometimes to so enormous a magnitude as greatly to disfigure the countenance. About the fourth day from the commencement of the tumefaction, the disease is at its hight, and on the fifth it begins to disappear. A gentle moisture then begins to exude from the surface of the swell-

ing, accompanied with a general perspiration of the whole body, which, if it be encouraged, by keeping warm in bed, and drinking diluent fluids, appears to form the natural crisis of the disease, and the whole terminates favorably about the sixth or seventh day. But, if from exposure to cold, or improper management, this natural process of the disease be interrupted, a singular translation of the morbid action takes place. The tumors about the throat suddenly subside, and are followed by swellings of the breasts and other parts. If the swellings of these parts be imprudently checked by exposure to cold, or if they suddenly subside, the brain is apt to become affected, occasioning convulsions, delirium, and other dreadful symptoms, which finally terminate in death.

*Treatment.*—In the treatment of this complaint, evacuations of all kinds are not only improper but dangerous. If the bowels are much constipated, they may occasionally be relieved by an injection, but active purgatives must on no account be employed. The patient should keep warm in bed, and encourage perspiration, by drinking freely of diluting liquors, such as whey, mint or balm tea, with a few drops of the spirits of hartshorn. The effort of nature to resolve the tumors by exudation, should be promoted by covering the parts with soft flannel. If the swellings show a disposition to subside too soon, they should be covered with blistering plasters, or rubbed with the volatile liniment.

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#### SECTION XXIV.

#### PILES.—(*Hemorrhoids.*)

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A discharge of blood from the hemorrhoidal vessels, is termed the *bleeding piles*. Piles are either internal or extruded, and discharge mucus or blood. This flux may often be regarded favorable, as preventing more serious or dangerous diseases; often when the bleeding from the tumors is sud-

denly arrested, disease of a more serious character takes its place. Piles occur in persons who lead an inactive and sedentary life. Men are more liable to it than women, especially those of a sanguine, plethoric habit, or of a melancholy disposition.

Pregnant women are often afflicted with this complaint. When the vessels only swell, and discharge no blood, but are exceedingly painful, the disease is called the *blind piles*. It is often hereditary; and where this is the case, it attacks persons more early in life than when it is accidental.

A flux of blood from the *anus* is not always to be considered a disease. It is even more salutary than bleeding at the nose, and often prevents or carries off diseases. It is peculiarly beneficial in asthma, rheumatism, and hypochondriacal complaints, and often proves of great benefit in colics and inflammatory fevers.

The bleeding piles is sometimes periodical, and return regularly once a month, or once in three weeks. In this case it is always to be considered as a salutary discharge, and by no means to be stopped. Some have entirely ruined their health by stopping a periodical discharge of this character.

*Symptoms.*—The piles are accompanied by uneasiness in the loins and rectum, inability to use exercise without distress, costiveness, and general ill health.

*Causes.*—The piles may be the result of strong aloetic purges, high-seasoned food, drinking great quantities of sweet wines, or an excess of blood; the neglect of any of the customary evacuations, much riding, great costiveness, or anything that occasions hard or difficult stools. Anger, grief, and other violent passions, will likewise occasion it.

*Treatment.*—In treating this disease we must regard the patient's habit of body, his age, strength, and manner of living. A discharge which might be excessive, and prove hurtful to one, may be very moderate, and even salutary to another. That only is to be esteemed dangerous which continues too

long, and is in such quantity as to waste the patient's strength, hurt the digestion, nutrition, and other secretions necessary to life. When this is the case, the discharge must be checked by a proper regimen and astringent medicines. The diet must be cool but nourishing, consisting chiefly of bread, milk, cooling vegetables, and broths. The drink may be chalybeate water, orange whey, decoctions or infusions of the astringent and mucilaginous plants, as the  *tormentil root, bistort, the marsh-mallow roots, etc.* The old conserve of *roses* is an excellent medicine in this case. It may be mixed with new milk, and taken in the quantity of an ounce three or four times a day; when taken as here directed, and duly persisted in, it has been known to effect very extraordinary cures in violent hemorrhages, especially when assisted by the tincture of *roses*; a tea spoonful of which may be taken about an hour after every dose of the conserve. The Peruvian bark is likewise very useful, both as a tonic and astringent. It may be taken in wine, sharpened with the spirit of vitrol. The diet must be light and thin, and the drink cool or diluting. It is likewise necessary that the bowels be kept gently open. This may be done by small doses of sulphur and cream of tartar. These may be mixed in equal quantities, and a tea spoonful taken from two to four times a day, or as often as is necessary to keep the bowels open. Or an ounce of sulphur and half an ounce of purified nitre may be mixed with three or four ounces of the lenitive electuary, and a tea spoonful of it taken three or four times a day. Emollient clysters are here likewise beneficial; but there is sometimes such an stricture of the *anus* that they can not be thrown up. In this case an emetic sometimes has an exceeding good effect.

When the Piles are exceedingly painful and swelled, but discharge nothing, the patient should sit over the steam of warm water. He may likewise apply a linen cloth dipped in warm spirits of wine to the part, or poultices made of bread and milk. If these do not produce a discharge, and the piles appear large, leeches must be applied as near them as possible, or if they will take hold upon the Piles themselves so

much the better. When leeches will not take hold, the Piles may be opened with a lancet. The operation is very easy, and is attended with no danger. When the pain however is very great, a liniment, made of one and a half ounces of emollient ointment and half an ounce of liquid laudanum, beat up with the yolk of an egg, may be applied.

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#### SECTION XXV.

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#### HEARTBURN OR WATER BRASH.—(*Pyrosis.*)

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This complaint is so nearly allied to dyspepsia, that the class of medicines for that disease are to be regarded the best adapted for this.

*Symptoms.*—This disorder is attended with an uneasy sensation of heat or acrimony about the pit of the stomach, which is sometimes succeeded by anxiety, nausea, and vomiting, or a plentiful discharge of a clear, watery fluid. There is often faintness, debility, and coldness of the extremities. Cardialiga is often a symptom of other diseases; as dyspepsia, scirrhous, chronic inflammation of the stomach, worms, rheumatism, suppressed menstruation, and various diseases of the heart, liver, pancreas, kidneys, and intestines; but it is likewise found, in many instances, as an idiopathic affection.

*Treatment*—In idiopathic cases, the treatment consists of a proper attention to diet, rejecting such articles of food as we find are apt to become acid or sour upon the stomach. Animal food and shell fish may be indulged in; whilst vegetables, as much as consistent, should be avoided. Tonics, with gentle stimulants, when there is no inflammation present. Alkaline medicines, combined with rhubarb, are very useful; exercise, with a proper attention to the bowels, is likewise necessary; and bathing the region of the stomach with the tincture of myrrh, bathing drops, or other stimulating wash, has been found very serviceable.

## CHAPTER III.

### DISEASES OF THE URINARY ORGANS.

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#### SECTION I.

##### INFLAMMATION OF THE KIDNEYS.—(*Nephritis.*)

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*Symptoms.*—This disease is known by a forcing, sharp pain in the back, each side of the spine in the lumbar region, shooting along the uterus to the bladder; difficulty in passing urine; an entire stoppage, or suppression of the urine; when both of the kidneys are involved, the urine is hot and highly colored, and frequently discharged. Chills, fever, deranged stomach, constipation, and colic pains usually attend it. It sometimes terminates in suppression or in coma. The pains of the patient are much aggravated when he attempts to walk or sit upright. He lies with more ease on the affected side, and has usually a nausea or vomiting, resembling that which occurs in colic. This disease, however, may be distinguished from the colic by the pain being seated further back, and by the difficulty of passing urine, which is a constant symptom of the former, but does not always take place in the latter.

*Causes.*—Blows, falls, or strains, or other external injuries; and the action of irritants passing into the blood, as cantharides, turpentine, a calculus in the pelvis of the kidney, etc. It may proceed from any of those causes which produce an inflammatory fever; immoderate use of wine, or alcoholic drinks; suppressed piles or menstruation.

*Treatment.*—Leeches may be applied to the hemorrhoidal veins, as a discharge from these will greatly relieve the patient. Cloths wrung out of warm water, or the warm infusion of *poppies* in rum, should be applied to the affected part, and

renewed as they grow cool. Emollient enemata ought frequently to be administered; and if these do not open the bowels, a little salt and honey, or manna, may be added to them.

The same course is to be pursued where gravel or a stone is lodged in the kidney; but when the gravel or stone is separated from the kidney, and lodges in the ureter, it will be profitable, besides the fomentations, to rub the part with a little sweet oil, and to give gentle diuretics; *juniper* water sweetened with the sirup of *marsh-mallows*, or a tea spoonful of the sweet spirits of nitre, now and then, in a cup of the patient's drink. He should likewise take exercise on horseback, or in a carriage, as he can bear.

When matter in the urine indicates that an ulcer is already formed in the kidney, the patient must be careful to abstain from all acrid, sour, and salted provisions; and to live chiefly upon mild mucilaginous herbs and fruits, together with the broth of young animals, made with barley and common pot-herbs, etc. His drink may be whey, and buttermilk that is not sour. The latter, is by some considered a specific remedy in ulcers of the kidneys. To answer this purpose, however, it must be drank for a considerable length of time. Chalybeate waters have likewise been found beneficial in this complaint. The latter must also be used for a considerable time in order to produce any salutary effects.

Those who are subject to frequent returns of inflammation or obstruction of the kidneys, should abstain from wines, especially such as abound with tartar, and their food should be light and of easy digestion. They should use moderate exercise, and should not sleep too hot, nor too much on the back.

## SECTION II.

INFLAMMATION OF THE BLADDER.—(*Cystitis.*)

This complaint proceeds chiefly from the same causes as that of the kidneys, and requires about the same manner of treatment. This disease may either be acute or chronic. The acute form is recognized by acute pain in the region of the bladder, accompanied with fever and hard pulse; painful and frequent discharge of urine, or a suppression, and generally tenesmus. If the disease be not soon subdued, the restlessness and anxiety increase, the extremities grow cold, vomiting supervenes, and delirium and other marks of great general irritation: the disease runs its course with rapidity, and abates or destroys the patient in a few days.

*Treatment.*—The patient should abstain from every thing that is of a hot, acrid, and stimulating character, and should live wholly upon weak broths, gruels, or mild vegetables; and administer the sweet spirits of nitre, where the mucous coat is involved; but if the muscular or peritoneal coat be the seat of the disease, give fluids sparingly; and administer diaphoretics; Dover's powder and anodyne enemata.

*Chronic cystitis*, or *catarrh of the bladder*, is indicated by a highly irritable state of that organ, and a very copious excretion of mucus along with the urine, often without pain, and sometimes very thick.

## SECTION III.

GRAVEL.—(*Calculus.—Stone.*)

The treatment of this disorder has been fully pointed out under the articles, *inflammation of the kidneys*, and *inflammation of the bladder*, to which we refer the patient.

In all obstructions of urine the body should be kept open. This is not, however, to be done by strong purgatives, but by emollient clysters, or gentle infusions of senna and manna. Clysters in this case, not only open the bowels, but answer the purpose of an internal fomentation, and greatly assist in removing the spasms of the bladder, and adjacent parts. If the patient has been accustomed to the moderate use of liquors, he may drink gin and water not too strong, or weak gin punch, if there is no inflammation. Gravel or stone in the bladder, is known from the urine being discharged by drops, attended with pain, and bloody urine. Gentle exercise is beneficial; but violent riding either on horseback or in a carriage is injurious. Lime-water is highly recommended in this disorder.

*Dose.*—Begin with a pint a day, and gradually increase as the patient can bear; persevere in its use for months, if necessary.

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#### SECTION IV.

##### DIABETES.—(*Immoderate secretion of urine.*)

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Diabetes is a frequent and excessive discharge of urine. This disorder usually comes on gradually and unperceived, with voracious appetite and intense thirst, which are found difficult to satisfy; these symptoms generally remain throughout the complaint, and sometimes they afford the only indications of the disease, making their appearance at the commencement. It is seldom to be met with among young people, but often attacks persons in the decline of life, especially those who follow the more violent employments, or have been hard drinkers in their youth.

*Symptoms.*—In Diabetes the urine generally exceeds in quantity all the liquid food the patient takes. The mouth is

dry, and there is a frothy spittle; the strength fails, the appetite decays, and there is a gradual emaciation of the whole body. It often attends on hysteria, hypochondriasis, dyspepsia, and asthma; but it is always milder when symptomatic than when it appears as a primary affection. There is heat of the bowels, and often the loins and feet are swelled, when all the appearances of hectic prevails.

*Causes.*—Occasioned by intemperance in eating, drinking, or exposure, or from the long continued abuse of diuretics or cathartics, or other powerful depleting courses, such as bleeding, etc. It is, likewise, often the consequence of acute diseases, as fevers, fluxes, etc. In a word, this disease may either proceed from too great a laxity of the organs which secrete the urine, from something that stimulates the kidneys too much, or from a thin, dissolved state of the blood, which makes too great a quantity of it run off by the urinary passages.

*Regimen.*—Every thing that stimulates the urinary passages or tends to relax the habit must be avoided. For this reason the patient should live principally on solid food. His drink should be diminished to the smallest quantity, and be free from stimulating or diuretic property. His thirst may be quenched with acids; as sorrel, juice of lemon, or vinegar. The mucilaginous vegetables, as rice, sago, and salep, with milk, are the most proper articles of food. Of animal substances, shell-fish are to be preferred, as oysters, crabs, etc.

For his drink, is recommended an ounce of gum Arabic dissolved in every pound of lime-water. The clothing should be warm, and sudorifics, with the hot bath, be frequently employed; irritation about the bladder or kidneys must be subdued by demulcents or counter-irritation, and opiates. Debility must be counteracted by tonics. Hygienic means should be at all times adopted. The mineral acids, especially the phosphoric, and also iodine, have been recommended as a means of arresting the saccharine formation. The patient should take daily exercise, but it should be so gentle as not to

fatigue him. He should lie upon a hard bed or mattress; nothing hurts the kidneys more than lying too soft. A warm, dry air, the use of the flesh-brush, and every thing that promotes perspiration, is of service; for this reason the patient must wear flannel next his skin. A piece of flannel wet two or three times a day with the infusion of *wormwood* in rum, and worn around the loins, will remarkably strengthen the parts affected.

*Treatment.*—Gentle purges, if the patient be not too much debilitated by the disease, have a good effect. They may consist of rhubarb, with cardamom seeds, or any other species, infused in wine, and may be taken in such quantity as to keep the bowels gently open. The patient must next have recourse to astringents and corroborants. A dram of *Peruvian bark*, taken three times a day in a glass of claret or port wine, is an excellent corroborant. Alum whey, taken in the dose of a gill three times a day, is an excellent astringent in this complaint; prepared by boiling two quarts of milk over a slow fire, with three drachms of alum, till the curd separates.

Opiates are of service in this disorder, even though the patient rests well. They allay the spasm and irritation, and at the same time lessen the force of the circulation. Ten or twelve drops of laudanum may be taken in the patient's drink two or three times a day.

There is a disease incident to laboring people in the decline of life, called Incontinence of Urine,—(*Enuresis*.) But this is entirely different from Diabetes, as the water passes off involuntary by drops, and does not exceed the usual quantity. This complaint is rather more troublesome than dangerous. It is owing to a relaxation of the sphincter of the bladder, and is often the effect of palsy. Sometimes it results from injuries occasioned by blows, bruises, preternatural labors, etc. Sometimes it is the effect of a fever. It may likewise be occasioned by a long use of strong diuretics, or of stimulating medicines injected into the bladder. The treatment should be similar to that in Diabetes.

## CHAPTER IV.

### DISEASES OF THE SKIN.

#### CUTANEOUS DISORDERS.

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##### SECTION I.

###### ITCH.—(*Scabies.—Psora.*)

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The Itch is, as every body knows, contagious; but it is contagious only in that particular sense which implies contact. This disease in all its forms has but one cause, and requires the same treatment. The eruption appears all over the body, except the face; it is very rare in the scalp.

The Itch is seldom a dangerous complaint, unless when it is rendered so by neglect or improper treatment. If it be suffered to continue too long, it may vitiate the whole mass of humors; and if it be suddenly drove in, without proper evacuation, it may occasion fevers, inflammation of the viscera, or other internal disorders.

*Symptoms.*—The first sign of this disease is an itching sensation, which upon examination, is found to proceed from a peculiar eruption of pointed vesicles, transparent at the top, and filled with thin matter; sometimes these pimples or vesicles terminate in pustules or blisters; unattended with fever. The disease is often confined to particular spots, as the hand, space between the fingers, or toes, or the wrist, etc. Sometimes, however it spreads over all parts of the body.

*Treatment.*—The best medicine yet discovered for the Itch is sulphur, which ought to be used both internally and externally; and there is every reason to believe that if duly persisted in, it never will fail to effect a cure. An ointment may be made, of sulphur two ounces, crude salammoniac

finely powdered, two drachms, hog's lard four ounces; when cold, if half a drachm of the essence of lemon be added, it will entirely destroy the offensive odor. About the bulk of a nutmeg of this may be rubbed upon the different parts. It is seldom necessary to rub the whole body, but when it is, it ought not to be done all at once, but by turns, as it is dangerous to stop too many pores at one time. The patient should begin by taking a dose of sulphur at bedtime, and rubbing on the ointment before a hot fire for three or four nights in succession, then omit three, and continue this course till the cure is affected. It is, however, often the case a cure is effected the first week. Before the patient begins upon this course, he ought, if of a full habit, to take a purge or two. He should beware of taking cold, should wear more clothes than usual, and take every thing warm. The same clothes, (the linen excepted,) should be worn all the time of using the ointment; and such clothes as have been worn while the patient was under the disease are not to be used again, unless they have been fumigated with brimstone and thoroughly cleansed, otherwise they will communicate the infection anew.

People ought to be extremely cautious lest they take other eruptions for the itch, as the stoppage of these may be attended with fatal consequences. Many of the eruptive disorders to which children are liable, have a near resemblance to this disease, and infants have often been killed by being rubbed with the greasy ointments, that made these eruptions strike in suddenly which nature had thrown out to preserve the patient's life, or prevent some other malady.

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## SECTION II.

### BOILS.—(*Furunculus.*)

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Boils are very tedious, inflammatory, hard and circumscribed tumors, that occur in the soft parts on the exterior of

the body, and are apt to suppurate. It seldom exceeds the size of a pigeon's egg. It always has a central core, and is generally found in persons in strong health and the vigor of youth. Sometimes, however, boils occur in persons of cachectic habits. This disease rarely requires medical or surgical treatment, unless the person has many, and then bleeding and purging are required in plethoric constitutions, and an alternative course of sarsaparilla in weak and unhealthy ones. It is said the application of turpentine, when the boil first makes its appearance, soon disperses it. Apply a poultice of warm bread and milk, or a poultice of rye meal, with the addition of a tea spoonful of paregoric.

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### SECTION III.

#### RING-WORM OF THE SCALP.—(*Tinea capitis.*)

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Ring-worm of the scalp is often called scaldhead; this and chilblains are the most obstinate of all eruptions incident to children. Ring-worm of the scalp is a very contagious complaint, communicating itself readily among children who use the same comb or brush, or even the same towel, for any length of time. It is exceeding difficult to cure, and often indeed the cure proves worse than the disease. Children have frequently been seized with internal complaints, of which they have died, soon after their heads were healed by the application of drying medicines.

*Symptoms.*—This disease makes its appearance upon the scalp, forehead, and neck. It begins with clusters of small, light yellow pustules, which soon break, and form thin scabs over each patch, which, if neglected, become thick and hard by accumulation. If the progress of the disease be unimpeded, it will often cover the whole head by a scab.

*Causes.*—The eruptions of children are principally owing to the following causes, viz: neglect of cleanliness and im-

proper food. If a child be stuffed at all hours with food that its stomach is not able to digest, such food, not being properly assimilated, instead of nourishing the body, fills it with gross humors. These must either break out in the form of eruptions upon the skin, or remain in the body and occasion fevers and other internal complaints.

The children of the poor, and of all who neglect cleanliness, are almost constantly found to swarm with vermin, and are generally covered with the scab, itch, and other eruptions. When eruptions are the effect of improper food, or want of cleanliness, a proper attention to these alone will usually be sufficient to remove them. If this should not be the case, some drying medicines will be necessary; but they should never be applied without the greatest caution. If drying medicines are applied, the bowels ought at the same time to be kept open, and taking cold is carefully to be avoided. Perhaps there is no remedy more safe for drying cutaneous eruptions than sulphur ointment, provided it be sparingly used. The parts affected may be frequently rubbed with this ointment. The cure should always first be attempted by keeping the head very clean, cutting off the hair, combing and brushing away the scabs, etc.

If this be not sufficient, let the head be shaved once a week or oftener, and washed daily with soap-suds or lime-water. Should these fail, a plaster of black pitch may be applied, in order to pull out the hair by the roots; and if there be proud flesh, it should be sprinkled with a little burnt alum. While these things are being done, the patient must be confined to a regular, light diet. To prevent any bad consequences in stopping this discharge, it will be proper, especially in children of a gross habit, to burn an issue on the neck or arm, which may be kept running till the patient becomes more strong, and the constitution be somewhat mended. In cachectic children, internal medicines will be necessary, especially the *vinum ferri*, or wine of iron, found at the druggists. Mix the tincture of cantharides, and the tincture of blood-root together; rub the part affected with the same, and a cure may be expected in about a week. Children while at the breast

are seldom free from eruptions of one kind or other. These, however, are not often dangerous, and should never be stopped but with the greatest caution. They tend to free the bodies of infants from hot and acrid humors, which if retained, might produce fatal complaints.

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## SECTION IV.

SCURVY.—(*Scorbutus.*)

This is a disease of an adynamic character, much more prevalent in cold climates than in warm ones, especially in low, damp sections, near large marshes, or great quantities of stagnant water. Sedentary persons of a dull, melancholy disposition, are most subject to it. It proves often fatal to sailors on long voyages, particularly in ships that are not properly ventilated, have many people on board, or where cleanliness is neglected.

*Symptoms.*—Scurvy comes on gradually, with heaviness, weariness, and an unwillingness to move about, together with dejection of spirits, considerable loss of strength, and debility. As the disease advances in its progress, the countenance becomes sallow and bloated, respiration is hurried on the least motion, the teeth become loose, the gums are spongy, the breath is very offensive, livid spots appear on different parts of the body; old wounds, which have been long healed, break out afresh; severe wandering pains are experienced, particularly in the limbs; the skin is dry, the urine small in quantity, turning blue vegetable infusions to a green color; and the pulse is small, frequent, and, toward the last, intermitting; but the intellect is, for the most part, clear and distinct. In the worst forms of this disease, there arises a tendency to putrefaction, and the last stage is truly distressing. The slightest motion brings on faintness, and sometimes immediate death. The joints become swollen and stiff, the ten-

dons of the legs are rigid and contracted, general emaciation ensues, hemorrhages break forth from different parts, fetid evacuations are discharged by stool. At last a wasting or hectic fever comes on, and the miserable patient is often carried off by a dysentery, diarrhea, dropsy, the palsy, fainting fits, or mortification of the bowels.

*Causes.*—This disease chiefly affects seamen, and such as are shut up in besieged places, owing, as is supposed, to their being deprived of fresh provisions. The land scurvy shows itself in circular, dark or purple spots on the skin, of different sizes. The same causes which produce this fatal malady at sea, will also do it on shore. The causes which usually give rise to Scurvy are, intemperance, confinement, severe labor, want of exercise, weak or unwholesome diet; neglect of cleanliness, breathing an impure air, anxiety of mind, debilitating menstrual evacuations, etc.

*Treatment.*—In the cure as well as the prevention of Scurvy, much more is to be done by regimen than by medicines. If the patient has been obliged to breathe a cold, damp, or confined air, he should be removed as soon as possible, to a dry, open, and moderately warm one. If there is reason to believe that the disease proceeds from a sedentary life, or depressing passions, as grief, fear, etc., the patient must take daily as much exercise in the open air as he can bear, and his mind should be diverted by cheerful company and other amusements. When the Scurvy has been brought on by a long use of salted provisions, the proper medicine is a diet consisting chiefly of fresh vegetables, and what meat he does eat should be fresh. Of vegetables, he should use of those termed alkalescent, such as *garlics, scurvy-grass, watercresses, brook-lime, etc.* The use of these, with milk, pot-herbs, new bread, and fresh beer or cider, will seldom fail to remove a scurvy of this kind, if taken before it be too far advanced; but to have this effect, they must be persisted in for a considerable time. When fresh vegetables can not be obtained, pickled or preserved ones may be used; and when these are wanting, recourse must be had to the chemical acids.

All the patient's food and drink should in this case, be acidulated with cream of tartar, elixir of vitrol, vinegar, etc. It has been found that those articles are especially useful which contain a native acid, as apples, oranges, lemons, and tamarinds; *mustard*, *horse* and *common radish*, and *lettuce* may be freely eaten without cooking, together with beets, carrots, parsnips, cabbage, etc., which may be prepared by the common process of cooking. All kinds of salad are good in Scurvy, and should be eaten very plentifully, as *spinage*, *parsley*, *celery*, *endive*, *radish*, *dandelion*, etc. It is astonishing to see how soon fresh vegetables, in the spring, cure the brute animals of any scab, or foulness which is upon their skins. A decoction made of the roots of the *narrow dock* should be drank often during the day, which will effect a cure in Scurvy if persevered in for some time. A good handful of the fresh roots may be cut up and steeped in three pints of water, of which the patient may drink one-third of a tea cupful three or four times a day, or a table spoonful of the powder may be steeped in a tea cupful of hot water, which may be divided into *three doses*, and taken through the day. The *burdock* and *broad-leaved-dock* are said by some to possess equal medicinal properties to the former, in the cure of cutaneous diseases. For the cure of lepra or leprosy, the same course should be pursued in diet and medicine, as in the Scurvy.

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## SECTION V.

CHILBLAINS.—(*Perniones.*)

This complaint usually attacks children in cold weather; and is of an inflammatory character.

*Causes.*—They are usually occasioned by the feet or hands being kept long wet, or cold, and afterwards suddenly heated. When children are cold, instead of taking exercise to warm themselves gradually, they run to the fire. This occasions a

sudden rarefaction of the humors, and an infarction of the vessels; which being often repeated, the vessels are at last over-distended and forced to give way.

*Treatment.*—When Chilblains become much ulcerated and painful, they denote some constitutional taint, that should receive proper treatment, in accordance with the indicating symptoms, and the temperament of the person. This complaint prevails chiefly in damp and temperate climates; it takes its departure in the summer time, and returns annually. Persons who have once experienced this troublesome disorder, are liable to subsequent attacks. To prevent it, severe cold and sudden heat must be equally avoided. When the places begin to swell and look red, the patient ought to be purged, and to have the affected parts often rubbed with mustard and brandy, or something of a warming, stimulating nature. They should likewise be covered with flannel, and kept warm and dry. Some apply warm ashes between cloths to the swelled parts, which frequently helps to reduce them. When there is a sore, it must be dressed with some drying, healing ointment. Sulphur is useful, employed both internally and externally. Covering the affected part with cotton wool has sometimes proved curative in this complaint. A baked turnip also, applied as a poultice, is recommended as a cure.

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## SECTION VI.

### ULCERS.—(*Ulceræ.*)

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By an Ulcer is understood a purulent solution of the soft parts of an animal body. These may result from a variety of causes, as all those which produce inflammation, from wounds, specific irritations of the absorbents, from scurvy, cancer, or scrofulous virus, etc.

*Symptoms.*—An Ulcer may be distinguished from a wound by its discharging a thin, watery humor, which is often so

acid as to inflame and corrode the skin; by the hardness and perpendicular situation of its sides or edges; by the time of its duration, etc. Its formation is preceded by pain, heat, redness, and swelling of the part.

*Causes.*—Ulcers usually originate from an ill state of the humors, or what may be called a bad habit of body. It may also arise from gross, or otherwise unwholesome living, and neglect of exercise.

*Treatment.*—When there is an Ulcer formed it ought not to be too hastily dried up, otherwise it may prove fatal to the patient; they might often be prevented by retrenching some part of the solid food, or by opening artificial drains, as issues, setons, or the like.

It requires considerable skill to determine when an Ulcer should be healed and when not. In general, all Ulcers which proceed from a bad habit of body, should be permitted to remain open at least till the constitution be so far changed, by proper regimen, or the use of medicine, that they seem disposed to heal of their own accord. Ulcers which are the effect of malignant fevers or other acute disorders, may usually be healed with safety after the health has been restored for some time. The cure should not, however, be attempted too soon, nor at any time without the use of purging medicines and a proper regimen. When wounds or bruises have, by wrong treatment, degenerated into Ulcers, if the constitution is good, they may generally be healed with safety. When Ulcers either accompany chronical complaints, or appear in their stead, they must be cautiously healed. If an Ulcer conduces to the patient's health, from whatever cause it proceeds, it ought not to be healed; but if, on the contrary, it wastes the strength, and wears upon the patient by a slow fever, it should be healed as soon as possible.

A strict attention is recommended in these particulars, to all who have the misfortune to labor under this complaint, particularly those in the decline of life; persons frequently have thrown away their lives by inattention to them, while

they were eulogizing and generously rewarding those whom they ought to have looked upon as their destroyers. The most proper regimen for promoting the cures of Ulcers, is to avoid all spices, salted and high-seasoned food, all strong liquors, and to lessen the usual quantity of flesh-meat. The bowels should be kept open by a diet consisting chiefly of cooling, laxative vegetables, and by drinking buttermilk, whey, sweetened with honey, or similar drinks. The patient should be kept cheerful, and take as much exercise as he can possibly bear. When the bottom and sides of an Ulcer appear hard and callous, they may be sprinkled twice a day with a little red precipitate of mercury, and afterwards dressed with the yellow basilicon ointment. Sometimes it will be necessary to have the edges of the Ulcer scarified with a lancet. Lime-water has often been known to produce very happy effects in the cure of obstinate Ulcers. It may be used in the same manner as directed for the stone and gravel. The solution of corrosive sublimate of mercury in brandy, is highly recommended, for the cure of obstinate, ill-conditioned Ulcers.

*Dose.*—A table spoonful night and morning; likewise, washing the sore three times a day with the same. When there is proud flesh present, a little pulverized mandrake root and blood-root, or pulverized burnt alum may be strewed upon the part two or three times a day.

A fistulous Ulcer is very difficult to cure; and often requires an operation, or some corrosive application. It is often necessary to inject the articles used into the opening of the Ulcers by means of a syringe made for the purpose, which can be obtained at the druggists.

In *gangrenous* Ulcers, antiseptic poultices, made as directed for mortification, should be employed. When the Ulcer is very indolent and slow to heal, it is sometimes beneficial to sprinkle some capsicum or its oil, or the oil of lobelia into it. When there is fungous flesh in it, some pulverized blood-root, mandrake root, and burnt alum, may also be sprinkled on it; and then a poultice should be laid over the whole.

## CHAPTER V.

### DISEASES OF THE RESPIRATORY ORGANS.

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#### SECTION I.

##### COLD AND COUGHS.—(*Catarrhal Affections.*)

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It is usually admitted, that colds are the effect of an obstructed perspiration; it may not, however, be amiss to observe, that nearly every cold is a kind of fever, which differs only in degree from some of those that have already been treated of. No age, sex, or constitution is exempted from this affection; neither is it in the power of any medicine or regimen to prevent it. The inhabitants of every climate are liable to catch cold, nor can even the greatest circumspection defend them at all times from its attacks. Indeed, if the human body could be kept constantly in an uniform degree of warmth, such a thing as catching cold would be impossible: but as such can not be affected by any means, the perspiration must be liable to many changes. Such changes, however, when small do not affect the health; but when great they prove hurtful. Hence, the chief secret of preventing colds lies in avoiding, as far as possible, all extremes, either of heat or cold.

When oppression of the chest, a stuffing of the nose, unusual weariness, or a pain of the head, etc., give ground to believe that the perspiration is obstructed, or, in other words, that the person has caught cold, he should immediately lessen his diet, at least the usual quantity of his solid food, and abstain from all strong liquors. Instead of flesh, fish, eggs, milk, and other nourishing diet, he may eat light bread pudding, veal or chicken broth, panado, gruels, etc. His drink

may be water gruel sweetened with a little honey, an infusion of *balm* or *linseed* tea sharpened with the juice of lemon or orange, a decoction of barley water and *licorice* with *tamarinds*, or any other cool, diluting, acid liquor. Above all, his supper should be light, as weak wine whey, or water gruel sweetened with honey, with a little toasted bread in it. If honey should disagree with the stomach, use coarse sugar, and flavor with the jelly of currants. Those who have been accustomed to strong liquors, may take wine whey instead of gruel, which may be sweetened as above. The patient should lie longer in bed than usual, to encourage a gentle sweat, which is easily brought on towards morning by drinking tea, or any kind of warm, diluting beverage. This course has been often known to remove a cold in one day, which, in all probability, had it been neglected, would have cost the patient's life, or confined him for some months to his bed. Would people sacrifice a little time to ease and warmth, and practice a moderate degree of abstinence when the first symptoms of cold appear, we have reason to believe that most of the bad effects which flow from an obstructed perspiration might be prevented. But after the complaint has gathered strength by delay, all attempts to remove it often prove vain. A pleurisy, pneumonitis, or a fatal consumption of the lungs, are the common effects of colds which have been either totally neglected or treated improperly. Many attempt to cure a cold by getting somewhat intoxicated; but this, to say no worse of it, is a very hazardous and an indiscreet experiment. No doubt it may sometimes succeed, by suddenly restoring the perspiration; but where there is any degree of inflammation, which is frequently the case, strong liquors, instead of removing the disorder, will increase it. By this means, a common cold may be converted into an inflammatory fever. When those who labor for their daily bread, have the misfortune to take cold, they can not afford to lose a day or two in order to keep themselves warm and take a little medicine, by which neglect the complaint is often so aggravated as to confine them for a long time, or even to render them ever after unable to sustain hard labor. But even such of the laboring

class as can afford to take care of themselves, are often too hardy to do it; they affect to despise colds, and as long as they can crawl about, scorn to be confined by what they call a *common cold*. Hence it is, that colds destroy such numbers of mankind. Like an enemy despised, they gather strength from delay, till, at length they become invincible. We often see this verified in travelers, who, rather than lose a day in the prosecution of their business, throw away their lives by pursuing their journey with this disease upon them even in the coldest season. It is certain, however, that colds may be too much indulged. When a person for every slight cold shuts himself up in a warm room, and drinks great quantities of warm liquor, it may occasion such a general relaxation of the solids as will not be easily removed. It will then be proper, when the complaint will permit, and the weather is mild, to join to the regimen mentioned above, gentle exercise, walking, riding on horseback, or in a carriage, etc. Bathing the feet and legs every night in warm water, has a great tendency to restore the perspiration, but care must be taken that the water be not too warm, otherwise it will do harm. It should never be much warmer than blood warm, and the patient should go immediately to bed after using it. Bathing the feet in warm water, lying in bed, and drinking warm water gruel, or other weak beverages, will sooner remove the spasm and restore the perspiration than many hot, sudorific medicines. This course is usually all that is required for removing a common cold, and if taken at the beginning, it will seldom fail. But when the symptoms do not yield to abstinence, warmth, and diluting liquors, there is reason to fear the approach of some other disorder, as an inflammation of the breast or lungs, an ardent fever, etc. If the pulse therefore be hard and quick, the skin dry and hot, and the patient complains of his head or chest, it will be necessary to give the cooling cathartic powders recommended in scarlet fever, every three or four hours, till they produce a stool, and treat the patient in all respects as for a slight fever.

There are two forms of catarrh; *the common*, called in ordinary language a cold, and *epidemic catarrh* or *influenza*.

The symptoms of the common catarrh, are sense of fullness in the head, and of weight over the eyes, which are weak and watery, and muscular pains. The nostrils are obstructed, and pour forth a fluid. There is frequent sneezing, hoarseness of voice, cough, generally attended with expectoration, and frequently a sense of fullness or soreness in the fauces. It results from exposure and atmospheric changes.

In *epidemic catarrh* or *influenza*, the attack is very sudden ; there is great heaviness over the eyes ; and the fever is attended with great depression. Its violence usually subsides in forty-eight hours. It is occasioned by unknown epidemic causes, and sometimes precedes more violent epidemics. The treatment consists of sudorifics, febrifuges, and laxatives.

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## SECTION II.

### COUGH.—(*Tussis.*)

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A Cough is doubtless most frequently a symptom of some other disorder, as pleurisy, pneumonitis, quinsy, asthma, catarrh, phthisic, hysteria, etc. A Cough is in some cases attended by expectoration, and sometimes it exists without any : hence the distinction of Cough into moist or *mucus*, and dry Cough. In the *mucus Cough* the expectoration is chiefly mucus, and is excreted very freely. It is common and of long continuance in aged and debilitated persons. The dry Cough is mostly unattended by any expectoration, and often returns periodically. It is observed in highly irritable, nervous, and hysterical temperaments, and is obviously nervous. A Cough is usually the effect of a cold which has either been improperly treated or entirely neglected. When it proves obstinate, there is always reason to fear the consequences, as this shows a weak state of the lungs, and is often the forerunner of a consumption. When the Cough is not attended with any degree of fever, and the spittle is viscid and tough, sharp pectoral medicines are to be administered,

as gum ammoniac, squills, etc. The solution of gum ammoniac may be prepared after the following manner. Let two drachms of gum ammoniac be well rubbed in a mortar, and a pint of barley water gradually poured upon it till it is quite dissolved. Three or four ounces of simple *pennyroyal* water may be added to the above quantity, and two table spoonsful of it taken three or four times a day, more or less, according to the age and constitution of the patient.

Squills may be given in various ways. Two ounces of the vinegar, oxymel, or the syrup, may be mixed with the same quantity of simple cinnamon water, and an ounce of balsamic sirup. Two table spoonsful of this mixture may be taken three or four times a day.

A sirup made of equal parts of lemon juice, honey, and sugar candy, is likewise very proper in this kind of Cough. A table spoonful of it may be taken at pleasure. But when the defluxion is sharp and thin, these medicines rather have a tendency to harm. In this case gentle opiates, oils, and mucilages, are more proper. A cup of an infusion of the leaves of the flowers of *wild poppies*, and *marsh-mallow root*, or the flowers of *colts-foot*, may be taken frequently; or a tea spoonful of the paregoric elixir may be put into the patient's drink twice a day.

When the Cough is occasioned by acrid humors tickling the throat and *fauces*, the patient should keep some soft pectoral lozenges almost constantly in the mouth, as the common balsamic lozenges, licorice ball, barley sugar, etc. These blunt the acrimony of the humors, and by taking off their stimulating quality help to appease the Cough. In obstinate Coughs, proceeding from a flux of humors upon the lungs, it will often be necessary, besides expectorating medicines, to have recourse to issues, setons, or some other drain.

In this case the most happy effects have often been witnessed from a Burgundy pitch plaster having been applied between the shoulders. This simple remedy has been ordered in a great number of cases, and in many different constitutions, and it has afforded relief in most obstinate coughs, with-

out an instance of failure, unless where there were evident signs of an ulcer in the lungs.

About the bulk of a nutmeg of Burgundy pitch may be spread thin upon a piece of soft leather, about the size of the hand, and laid between the shoulder-blades. It may be taken off and wiped away every three or four days, and ought to be renewed once in a fortnight or three weeks. This is a cheap and simple remedy, and consequently apt to be despised. It has been affirmed that an application more efficacious than this can not be found, in almost any kind of Cough. It has not, indeed, always an immediate effect; but if kept on for some time, will succeed where most other medicines fail. The only inconvenience attending this plaster is the itching which it occasions; but surely this may be easily borne, considering the advantage which the patient may expect to reap from the application; besides, when the itching becomes very uneasy, the plaster may be taken off and the part rubbed with a dry cloth, or washed with a little warm milk and water. Some caution indeed is necessary in discontinuing the use of such a plaster; this, however, may be safely done in making it smaller by degrees, and at length quitting it altogether in a warm season.

But Coughs proceed from many other causes besides fluxions upon the lungs. In these cases the cure is not to be attempted by pectoral medicines. Thus, in a Cough proceeding from foulness and debility of the stomach, sirups, oils, mucilages, and all kinds of balsamic medicines do injury. The *stomach Cough* may be known from one that is owing to a fault in the lungs by this, that in the latter the patient coughs whenever he inspires or draws in his breath fully, but in the former that does not happen.

The cure of *this Cough* depends principally upon cleansing and strengthening the stomach; for which purpose gentle emetics and bitter purgatives are the most proper. Thus, after one or two emetics, a tincture may be taken which is prepared after the following manner. Aloes four ounces, Virginia snake-root and ginger, each, half an ounce, infused

in two quarts of white wine, permitting it to remain in a tight vessel one week, and then straining off, and keeping tight for use.

*Dose.*—One or two table spoonsful twice a day, or as often as it is found necessary to keep the bowels gently open. This should be taken for a considerable time. In Coughs which proceed from debility of the stomach, the Peruvian bark is likewise of considerable service. It may be chewed, taken in powder, or made into a tincture with other stomach bitters.

A nervous Cough can only be removed by change of air and proper exercise; to which may be added the use of gentle opiates. Instead of the spontaneous pill, the paregoric elixir, etc., which are only opium disguised, ten, fifteen, twenty, or twenty-five drops of laudanum, more or less, as circumstances require, may be taken at bedtime, or when the Cough is most troublesome. Immersing the feet and hands in warm water will often appease the violence of a nervous Cough.

When a Cough is only the symptom of some other complaint, it is in vain to remove it without first curing the disease from which it proceeds. Thus, when a Cough is occasioned by *teething*, keeping the bowels open, lancing the gums, or whatever facilitates the cutting of the teeth, likewise appeases the Cough. In like manner, when *worms* occasion a Cough, such medicines as remove these will generally cure the Cough; as bitter purgatives, oily enematas, etc. The following, it is said, will cure many kinds of Coughs. Take equal parts of the loose, coarse moss, which grows on white oak, white maple, and white ash trees, make a strong decoction, sweeten and drink freely.

Women, during the last months of pregnancy are often greatly afflicted with a Cough, which is generally relieved by bleeding and keeping the bowels open. They should avoid all flatulent food, and wear a loose, easy dress. A Cough is not only a symptom, but is often, likewise, the forerunner of diseases.

## SECTION III.

## WHOOPING-COUGH.

This disease may be known by a convulsive, strangulating cough, accompanied with a peculiar, sonorous inspiration or whoop, returning by fits, that are usually terminated by vomiting; and by its being contagious. It is a complaint so well known, that but little description of it is deemed necessary. It may be very slight, though it is often very distressing, and sometimes fatal. It usually attacks children, and occurs but once; the fits are most violent at night and morning; and it usually lasts six weeks or more. Children who live on thin, watery diet, breathe unwholesome air, and have too little exercise, are most liable to this complaint, and usually suffer most from it.

*Regimen.*—Whatever injures the digestion, obstructs the perspiration, or relaxes the solids, disposes to this disease; consequently its cure must depend upon cleansing and strengthening the stomach, giving tone to the solids, and at the same time promoting perspiration and the different secretions. The clothing should be warm; and the diet must be light and of easy digestion; for children, good bread made into pap, toast, or pudding, chicken broth, with other light spoon-meats, are proper; but those who are further advanced may be allowed sago gruel, and if the fever be not high, a little boiled chicken, or other white meats. The drink may be *hyssop*, or *pennyroyal* tea, sweetened with honey or white sugar candy, and weak wine whey. One of the most effectual remedies in the Whooping-cough is change of air. This often removes the malady, even when the change appears to be from a purer to a less wholesome air. This may in some measure depend on the patient's being removed from the place where the infection prevails. Most of the diseases of children are infectious; nor is it at all uncommon to find the Whooping-cough prevailing in one town or village, when another at a very small

distance is quite free from it. But whatever be the cause, we are sure of the fact. No time should therefore be lost in removing the patient at some distance from the place where he caught the disease, and, if possible, into a more pure and warmer atmosphere.

*Treatment.*—It is usually considered a favorable symptom when a fit of coughing makes the patient vomit. This cleanses the stomach and greatly relieves the cough. It will, therefore, be proper to promote this discharge, by warm *chamomile* tea, or lukewarm water; and when these are not sufficient, small doses of *ippecacuanha* may be given. A child five years old may take seven or eight grains; and to others more or less must be given, according to their age and strength. Half a drachm of this may be infused in half a pint of boiling water, and a small tea cupful given every fifteen minutes, till it operates. When they begin to vomit there will be no occasion for drinking any more, as the water already on the stomach will be sufficient.

Emetics not only cleanse the stomach, which in this disorder is usually loaded with viscid phlegm, but they likewise promote the perspiration and other secretions; and should therefore be repeated according to the obstinacy of the complaint. They should not, however, be too strong; gentle emetics frequently repeated are both less dangerous and more beneficial than strong ones. As the complaint is sometimes attended with constipation, it will be proper to keep the bowels gently open. Perhaps the best medicines for this purpose are *rhubarb* and its preparations, as the sirup, tincture, etc. Of these a tea spoonful or two may be given to an infant two or three times a day, as occasion requires. To such as are further advanced, the dose must be proportionately increased, and repeated till it has the desired effect. Those who can not make up their minds to take the bitter tincture, may have an infusion of *senna* and prunes, sweetened with *manna*, coarse sugar, or honey; or a few grains of *rhubarb* mixed with a tea spoonful or two of sirup, or currant jelly, so as to disguise the taste.

Many persons have an idea that oily, pectoral, and balsamic medicines possess wonderful virtues for the cure of Whooping-cough, and accordingly administer them freely to patients of every age and constitution, without considering that every thing of this nature must load the stomach, hurt the digestion, and naturally aggravate the complaint.

Opiates are sometimes requisite to allay the violence of the cough. For this purpose a little of the sirup of *poppies*, or seven, eight, or nine drops of laudanum, according to the age and constitution of the patient, may be taken in a cup of *hyssop* or *pennyroyal* tea, and repeated occasionally. The garlic ointment is an excellent application in this complaint. It is made by beating in a mortar garlic with an equal quantity of hog's lard. With this the soles of the feet may be rubbed two or three times a day; but the best method is to spread it upon a cloth, and apply in the form of a plaster. It should be applied every night and morning at least, as the garlic soon loses its virtue. It is not only excellent in this complaint, but in most other coughs of an obstinate character. It ought not, however, to be used when the patient is very hot or feverish, lest it increase these symptoms. The feet should be bathed once in two or three days in lukewarm water, and a Burgundy pitch plaster kept constantly between the shoulders. When the disorder proves very severe, it will be necessary, instead, to apply a blistering plaster, and to keep the part running for some time with issue ointment.

When the malady is prolonged, and the patient is free from fever, the *Peruvian bark* and other bitters are the most suitable medicines. The bark may be either taken in substance, or by way of decoction or infusion, at the pleasure of the patient. For a child, twelve, fifteen, or twenty-five grains, according to the age of the patient, may be administered three or four times a day; for an adult, half a drachm, or two scruples will be a suitable dose. It will be found useful to administer a few grains of castor oil along with the bark. A child eight or nine years of age, may take ten grains of castor oil with twenty grains of powdered bark, for a dose. This may be formed into a mixture with two or three ounces of

any simple distilled water and a little sirup, and taken three or four times a day. The following will sometimes alleviate the spasm: Mix a tea spoonful of castor oil with a table spoonful of molasses.

*Dose*.—Give a tea spoonful whenever the cough is troublesome.

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#### S E C T I O N I V .

##### CROUP.—(*Cynanche Laryngitis, Cynanche, Tracheitis.*)

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This disease is characterized by a violent inflammation about the windpipe and mucus tissues, although the complaint assumes different forms.

*Symptoms*.—It is confined principally to the period of childhood, or before the fifth year. It is generally accompanied by laborious and suffocating breathing, stridulous noise, a short and dry cough, and frequently, toward the close, an expectoration of a concrete, membranous sputum. The acute Croup usually begins with hoarseness, a slight cough and sneezing, as though the patient had taken cold. To these symptoms, in a day or two, and sometimes in a few hours, succeed a peculiar shrillness and ringing of the voice, as if the sound were sent through a brazen tube. At the same time there is a sense of pain about the larynx, some difficulty of respiration, with a wheezing sound in inspiration, as if the passage of the air were straitened. The cough which attends it is sometimes dry; and if any thing be spit up, it is matter of a purulent appearance, and sometimes films, resembling portions of a membrane. Together with these symptoms, there is a frequency of the pulse, a restlessness, and an uneasy sense of heat.

*Causes*.—The effect of a north-east wind in early spring or fall; yet with those who are disposed to it, almost any sudden

transition, which shall too suddenly arrest the perspiration, will be attended by the same consequences. It prevails to a great extent near the sea-coast, and in wet, marshy districts.

*Treatment.*—Emetics are very valuable; and in many instances have speedily removed the cause. Immediately upon the first indication of the disease, a full dose of tartar emetic should be given, or one of *ipecac.* or *lobelia.* One of the principle remedies now in use, and which, in many instances, has acted with decided advantage, is large and repeated doses of calomel. Of this, not less than five or six grains are generally given to very young children, and continued every two or three hours, till there is a discharge of green, bilious matter, which appears to be the criterion of its having taken effect. If the disease still continues, the application of a blister upon the back of the neck, or between the shoulders may be very profitable. Other means of counter irritation are also to be employed. A piece of linen cloth saturated in sweet oil, butter, or lard, and sprinkled with yellow Scotch snuff, is said to have performed wonderful cures in cases of croup; it should be placed where the distress is greatest. For a sudden attack of quinsy or Croup, bathe the neck with bear's grease, and pour it down the throat freely. Goose grease may be considered as good as bear's oil.

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#### SECTION V.

#### BRONCHITIS.—(*Inflammation of the Bronchia.*)

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There are two forms of this disease; the acute and chronic. It is an inflammation of the mucous lining of the bronchial tubes. In the acute form, it sometimes commences in the bronchial tubes themselves, and sometimes extends to them from the trachea. In the majority of cases, the complaint arises from exposure to cold, and it is then usually accompanied with coryza, and a general inflammatory state of the

mucous membrane of the nose, frontal sinuses, and windpipe. Acute Bronchitis, in its lighter and more common form, is not a serious affection, and amounts in fact to nothing more than what is termed "a cold on the chest."

*Symptoms.*—This disorder commences with difficult respiration, or shortness of breath, hoarseness, rattling, with wheezing, or coarse, rough sounds in the chest. It is also attended with fever, chilliness, and distressing cough, etc. This state of things having continued for some days, the patient usually begins to recover, or becomes very rapidly worse.

In those cases where the disease takes an unfavorable turn, a state of great debility and collapse supervenes very suddenly to that of excitement. Where the event is to be favorable, Acute Bronchitis often runs on for a week or more, before a change for the better takes place; but in fatal cases, the stage of collapse usually commences within four or five days, and in some instances the complaint is very rapid in its progress, death ensuing within forty-eight hours from the first attack.

Emetics are highly recommended in Acute Bronchitis. At the commencement, in the cases of young children, they are very beneficial, by exciting expectoration.

Blisters and counter irritation are serviceable, after the first violence of the fever is over. Very small doses of *ipecacuanha* and diaphoretics by antimony, are highly necessary.

Where it is considered necessary, a full active purgative should be given, as a dose of *calomel* and *jalap*; and the bowels should be kept free throughout the course of the disease.

Large doses of tartar emetic are recommended to be given in this complaint, in the same manner as in pneumonia; and the exhalation of vapors is oftentimes, likewise, of service.

#### CHRONIC BRONCHITIS.

*Chronic Bronchitis* is of a much milder character, and its symptoms continue longer; the duration of which varies from

one week to many years. The expectorated matter is of entirely a different character, being, in this disease, of a thicker consistence, opaque, and of a greenish or yellowish-white color, and sometimes streaked with blood. It occurs at all ages, but attacks the largest number of elderly persons. In its milder forms, it is scarcely noticed in the summer time; but in the winter, or when there is much inclement weather, the patient is apt to be afflicted with a very trying cough, and copious viscid expectoration, especially in the morning. In its severer forms, it is of a still more distressing character.

At an early period, blisters and the tartar emetic ointment are of great service, and should be frequently applied; throughout the course of the malady they are useful occasional exacerbations. Where the disease proves obstinate, and the patient has sufficient strength, issues and setons may be very advantageously used; but in the advanced stage, or where the constitution is feeble, their effect is much too exhausting.

*Digitalis* and *colchicum* are sometimes recommended, where there is too much irritation; *squill* and *ippecacuanha*, with the terebinthine balsams, are considered the best expectorants, but proper attention to air and diet are most serviceable. Inhalation of tar vapor is also recommended.

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## SECTION VI.

### INFLAMMATION OF THE LUNGS.

(*Pneumonia.—Lung Fever.*)

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This is a complaint which very often proves fatal to those who have a flat breast or narrow chest, and to such as have previously suffered with asthma, especially in the decline of life. As this disease affects an organ which is absolutely necessary to life, it must always be attended with danger. The pleurisy and pneumonia are often complicated.

*Symptoms.*—It is indicated by cough, fever, difficult respiration, quick pulse, and a sense of weight and pain in the

thorax. Many of the symptoms of a pleurisy likewise attend an inflammation of the lungs; only in the latter the pulse is more soft, and the pain less acute; but the difficulty of breathing, and oppression of the chest, are usually greater. It generally attacks those of a plethoric habit and vigorous constitution, and occurs oftener in the winter and spring seasons of the year. In the beginning, the cough is often dry, and without expectoration; but in some instances it is moist, even from the first, and the matter expectorated varies both in color and consistence, and is often streaked with blood. The crisis usually terminates in about twelve days.

*Treatment.*—In the early period of this complaint, we may be encouraged, by active measures, to bring about immediate resolution; but when it is more advanced, we must look for a discharge by expectoration, as the means of restoring the part to a healthy state. In the first instance, the bowels must be well evacuated, and subsequently kept regular; and antimonials may be administered with great advantage, to promote the discharge from the skin and lungs.

In the treatment of this disease, very large doses of tartar emetic has been particularly recommended. *Digitalis*, also, is well calculated to lessen the activity of the circulation. After the forcible febrile symptoms have subsided, counter-irritation is of great service.

*Regimen.*—As the medicine and regimen are in all respects the same in pneumonia as in pleurisy, it will not be necessary here to repeat them, but refer the reader to that disease. It may not be improper, however, to add, that the aliment should be lighter and thinner in this than in any other inflammatory disorder. It has been asserted that even common whey is sufficient to support the patient, and that decoctions of barley, and infusions of fennel roots in warm water with milk, are the most suitable, both for beverage and nourishment. The steam of warm water, taken in by the breath, is likewise recommended; which serves as an internal fomentation, and aids to attenuate the impacted humors.

If the patient has loose stools, and is not weakened by them, they are not to be stopped, but rather promoted by the use of emollient enematas. It may be necessary to aid the expectoration by some mild balsamic medicine, recommended for that purpose in pleurisy. Blistering plasters have proved very advantageous, and should be employed at an early period. They may be either applied to the neck or ankles, or both, if necessary.

When an Inflammation of the Lungs does not yield to blistering and other evacuations, it usually terminates in suppuration, which is more or less dangerous, according to the part where it is situated. Where this takes place in the pleura, it sometimes breaks outwardly, and the matter is discharged by the wound. When the suppuration occurs within the substance or body of the lungs, the matter may be discharged by expectoration. But if the matter floats in the cavity of the breast, between the pleura and lungs, it can only be discharged by an incision made between the ribs.

If the patient's strength does not return after the inflammation is to all appearance removed ; if his pulse is quick, though soft, his breathing difficult and oppressed ; if he has cold shiverings at times, his cheeks flushed, his lips dry ; and if he complains of thirst and want of appetite ; there is reason to fear a suppuration, and that a phthisis, or consumption of the lungs will ensue.

The spurious pneumonia results from a viscid pituitous matter, obstructing the vessels of the lungs. It usually attacks the aged, infirm, and phlegmatic, in winter or wet seasons. If relief is not afforded in time, and the inflammation proceeds with violence, it will often produce suffocation.

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#### SECTION VII.

#### PLEURISY.—(*Pleuritis.*)

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The regular Pleurisy is an inflammation of that membrane called the pleura, which lines the inside of the breast, or

chest. There is likewise another form of this disease, which is called the spurious pleurisy, in which the pain is more external, and principally affects the muscles between the ribs. This fever prevails among the laboring class of people, especially such as work without doors, and are of a sanguine constitution. It occurs mostly in the spring season.

*Symptoms.*—This fever, like most others, usually begins with an acute stitching, catching, cutting, lancinating pain in the side, and is greatly aggravated by coughing, or by drawing in the breath; chilliness and shivering, which are followed by heat and thirst. Sometimes the pain extends towards the backbone, sometimes towards the front part of the chest, and at other times towards the shoulder-blades. When the substance of the lungs as well as the pleura is affected, the case is called *pleuro-peripneumony*. The tongue is parched; cough short and dry; pulse quick and hard; urine scanty and high colored. If blood is drawn and permitted to stand for a short time, it will be covered with a tough crust or buffy coat. The patient's spittle is at first thin, but afterwards it becomes thick, and is often streaked with blood.

*Causes.*—This disease is occasioned by cold northerly winds; exposure to cold, or by whatever obstructs the perspiration; drinking cold liquors when the body is in a heated state; sleeping where there is dampness; wet clothes; plunging the body into cold water, or exposing it to the cold air when covered with perspiration, etc. It may also be occasioned by drinking strong liquors; by the cessation of usual evacuations, as chronic ulcers, issues, sweating of the hands and feet, etc.; the sudden striking in of any eruption, as the measles, small-pox, or itch. A pleurisy may likewise be caused by violent exercise, as jumping, running, wrestling, blows on the chest, or by lifting great weights, etc. The very formation of the body sometimes renders persons more subject to this disease, as a narrow chest, a straitness of the arteries of the pleura, etc.

*Regimen.*—Nature usually endeavors to carry off this disease by a critical discharge of blood from some part of the body, by expectoration, sweat, loose stools, thick urine, etc. We should therefore second her intentions by lessening the force of the circulation, relaxing the vessels, diluting the humors, and promoting expectoration. For these purposes the diet, as in the former disease, must be cool, weak, and diluting. His drink must be sweet whey, or decoctions and infusions of pectoral and balsamic vegetables, which may be prepared after the following manner: Take a quarter of an ounce of *licorice* root sliced, half an ounce of the leaves of *colt's-foot*, and two table spoonsful of *linseed*. Put these ingredients in a close vessel, pour on them a quart of boiling water, and let them stand near a fire for eight or ten hours; afterwards strain off the liquor; of which the patient may take a tea cupful frequently for his ordinary drink. This may be flavored to the patient's taste by the addition of a little jelly of currants, or juice of bitter oranges, etc. The patient must avoid every thing that is hard of digestion by way of food, and that is viscid, or affords much nourishment, as flesh, eggs, milk, butter, cheese, and likewise every thing that is of a stimulating nature. The decoction of figs, raisins, and barley, etc., are likewise recommended for his beverage. These and other diluting drinks are not to be used in large quantities at a time, but the patient should, in a manner, keep continually sipping them, so as to render the mouth and throat always moist. Barley water, mixed with a little honey or the jelly of currants is a very suitable drink in this fever. It is made by boiling an ounce of pearl barley in three pints of water down to two; it must afterwards be strained. All the patient's food and drink must be taken a little warm. The hands and feet of the patient should be bathed once a day in warm water; he may sit up in bed a short time in order to relieve his head. He should be kept cool, comfortable, and in every way quiet.

*Treatment.*—The treatment of this fever consists in the application of leeches, purgatives, diaphoretics, blisters, and

a strict antiphlogistic regimen. Emollient fomentations may be applied to the side. These may be made by boiling a handful of the common *mallows*, *chamomile* and *elder flowers*, or any other soft vegetables, in a proper quantity of water. The herbs may be put into a flannel bag, and applied as warm to the side as the patient can bear. As this grows cool, it should be changed by dipping another in some of the hot liquid kept for the purpose; and great care must be taken that the patient does not take cold at the time. Fomentations not only relax the vessels, but alleviate the pain, and prevent stagnation of blood and other humors. The side may likewise be frequently rubbed with a little of the volatile liniment, which is made by shaking together in a bottle, two ounces of oil of olives, or almonds, and one ounce of spirit of hartshorn, till they be perfectly united. An application of the petals of *poppies*, which have been in rum, sometimes prove very beneficial. Leaves of various kinds might be applied to the patient's side with advantage; great benefit has been derived from a warm application of young *cabbage leaves* to the side in this complaint. These not only relax the parts, but also draw off a little moisture, and may prevent the necessity of blistering plasters, which, however, when other things fail, must be applied. If the bowels be in a constipated state, an enema of thin water gruel, in which a handful of *mallows*, or any other emollient vegetable has been boiled, may be daily administered. This will not only empty the bowels, but have the effect of a warm fomentation applied to the inferior viscera, which will help to make a derivation from the breast. The expectoration or spitting, may be promoted by acid, oily, and mucilaginous medicines. Should *squills* disagree with the stomach, two ounces of oil of sweet almonds, or oil of olives, and two ounces of the sirup of *violets*, may be mixed with as much white sugar as will form it to the consistence of honey. The patient may take a tea spoonful of this frequently, when the cough is troublesome. Should oily medicines prove nauseous, which is sometimes the case, a solution of gum ammoniac in barley water may be administered; which is prepared after the following manner:

Take two drachms of gum ammoniac that has been well ground or rubbed, pour upon it gradually till all is dissolved, one pint of barley water. This emulsion is used for attenuating tough, viscid phlegm, and promoting expectoration. In obstinate coughs, two ounces of the syrup of *poppies* may be added.

*Dose.*—Two table spoonsful three or four times a day. If the patient has no perspiration upon the skin, but on the contrary, it is dry and burning, with scanty urine, small doses of nitre and camphor will be found useful. Two drachms of the former may be rubbed with five or six grains of the latter in a mortar, and the whole divided into six doses, one of which may be given in the patient's ordinary beverage, every five or six hours.

The decoction of *seneka snake-root* is a medicine considered by some to be possessed of almost sovereign efficacy in the relief of Pleurisy or pneumonia.

*Dose.*—Two table spoonsful four times a day, if the patient can bear it, or from ten to thirty grains of the powder at a dose. The patient may take this, after other evacuations have been premised; and if it should occasion vomiting, two or three ounces of simple cinnamon water may be mixed with the quantity of the decoction here directed, or with the powder, or it may be taken in smaller doses.

As this medicine promotes perspiration and urine, and also keeps the bowels free, it is well calculated to answer many of the intentions of cure in Pleurisy, or any other inflammation of the breast.

No person will imagine that these medicines are all to be used at the same time; different things have been named for the purpose, that people may have an opportunity to select; and also, when one can not be obtained, they may make use of another. Different medicines are doubtless necessary in different stages of the complaint; and where one proves futile, or disagrees with the patient, it will be proper to try another.

When this fever attains its height, or crisis, it is sometimes accompanied with very terrifying indications, as an intermittent pulse, convulsive motions, difficult respiration, etc. These frequently excite the attendants, and induce them to make some other experiments, as depletion, or administering to the patient strong stimulating medicines, etc. But these are only struggles of Nature to overcome the disease, in which she should be assisted by plenty of diluting drink, which is then peculiarly necessary. If the patient's strength, however, be much exhausted by the disease, it will be necessary at this time to support him with frequent small draughts of wine whey.

After the patient has recovered sufficient strength, and the pain and fever are gone, it will be proper to administer some gentle purges; he should likewise make use of a light diet, of easy digestion, and his drink should be buttermilk, whey, and other things of a cleansing character.

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## SECTION VIII.

### ASTHMA.

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Asthma is distinguished into the moist and dry, or humoral and nervous. The former is accompanied with expectoration, or spitting; but in the latter, the patient seldom spits, unless sometimes a little tough phlegm, by the mere force of coughing. This is a disease which seldom admits of a cure; and persons in the decline of life are most liable to it.

*Symptoms.*—This malady is characterized by a quick, laborious respiration, occurring in paroxysms, accompanied with cough, suffocation and wheezing, and terminating in expectoration, more or less copious. In the beginning of the paroxysm there is a cough, hoarseness, inability to sleep,

flatulency, headache, heaviness over the eyes, and difficulty of breathing. These are succeeded by heat, fever, sickness and nausea, a sense of weight, and great oppression about the lungs and chest; a weak, and sometimes intermitting pulse; an involuntary flow of tears, palpitation of the heart, bilious vomitings, etc. All these symptoms are greatly aggravated towards night. The patient finds more relief up, than in bed, and is very desirous of cool air.

*Causes.*—This is sometimes caused by the fumes of metals or minerals having been taken into the lungs; the obstructions of customary evacuations, as the menses, hemorrhoids, etc.; violent exercise, especially running; violent passions of the mind, as sudden fear, or surprise. It may likewise proceed from a peculiar formation of the chest; the sudden retrocession of rheumatic affections, or striking in of eruptions, as the small-pox, measles, etc. This is sometimes hereditary, and the disease may proceed from any cause that either impedes the circulation of the blood through the lungs, or prevents their being expanded by the air.

*Regimen.*—It is necessary that the food should be light and of easy digestion. All flatulent food, or whatever kind is calculated to distend the stomach, is to be avoided. Light puddings, white broths, and ripe fruits baked, roasted or boiled, are very suitable. Boiled meats are to be preferred to roasted, and the flesh of young animals to that of old. Strong liquors of all kinds, especially malt liquor, is injurious. The patient should eat a very light supper, or rather, none at all. His clothing should be warm, especially in the winter season. As all affections of the chest and lungs are much relieved by keeping the feet warm and dry, and promoting perspiration, a red flannel shirt, or waist-covering, may be worn next the skin, which will be found of singular service. But pure and moderately warm air, is of the greatest importance in Asthma, together with the exercise of riding on horseback, or in a carriage upon rough ground, as much as the patient can possibly bear; this course

continued for some months, will often effect a cure, where medicines prove of no avail.

Persons afflicted with this complaint, can seldom bear either the sharp, keen atmosphere of a bleak, hilly country, or the close, heavy air of a large town. The air, however, near a large town is often better than at a distance, provided the patient is removed so far as not to be affected by the smoke. Some Asthmatic patients, indeed, breathe easier in town than in the country ; but this is seldom the case, especially in towns where much coal is burned. Asthmatic persons who are obliged to be in town all day, ought, at least, to sleep out of it. Even this will be found often of great utility. Those who can afford it should travel into a warmer climate. There are many persons troubled with this complaint who can not live in the north, yet enjoy very good health in the south.

*Treatment.*—About all that can be done by medicine in this malady is to relieve the patient when seized with a violent paroxysm. This, indeed, requires the greatest expedition, as the complaint often proves suddenly fatal. During the paroxysm the bowels are usually constipated ; a clyster ought, therefore, to be administered ; this should be a solution of *asafoetida*, and if there is occasion, it may be repeated two or three times. The patient's feet and legs should be immersed in warm water, and afterwards rubbed with a warm hand, or dry cloth. Should the spasms be severe about the chest or stomach, warm fomentations, or bladders filled with warm milk and water, may be applied to the part affected, and warm cataplasms to the soles of the feet. The patient must drink freely of diluting drinks, and may take a tea spoonful of the tincture of castor and *saffron*, mixed together, in a cup of *valerian* tea, two or three times a day. Sometimes an emetic has a very good effect, and snatches the patient, as it were, from the jaws of death. This, however, will be more safe after other evacuations have been premised.

In the moist Asthma, such things as promote expectoration or spitting should be employed, as gum ammoniac, the sirup

of *squills*, etc. A common spoonful of the sirup, or *oxymel* of *squills*, together with an equal quantity of cinnamon water, may be administered three or four times a day; and four or five pills, made of equal parts of asafoetida and gum ammoniac, may be taken every night upon retiring. In the convulsive or nervous Asthma, antispasmodics and tonics are the most useful medicines. *Peruvian bark* may be profitably administered in this case; and the patient may take a tea spoonful of the paregoric elixir twice a day.

It is considered that every thing which strengthens the nerves, or removes the paroxysms, may be of service in nervous Asthma. It has been proved also, that cow's milk, drank warm every morning, has produced a very good effect in this complaint.

In every species of Asthma, setons and issues are very useful. They may either be set in the back or side, and should never be permitted to dry up.

We shall here, lastly observe, that not only in Asthma, but in most chronic diseases, issues are extremely beneficial. They are a *safe*, as well as an efficacious remedy; and though they do not always cure the disease, yet they prolong the patient's life. The tincture of *ipecac.*, or *lobelia*, may be given in this malady till it produces nausea without vomiting.

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#### SECTION IX.

##### SPITTING OF BLOOD.—(*Hæmoptysis.*)

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The intention here, is to treat of that discharge of blood from the lungs merely, which is called *hæmoptoe*, or *Spitting of Blood*. Persons of a lax fiber, and slender make, who have long necks and straight chests, are most liable to this disease. It mostly occurs in the spring, and usually attacks persons before they arrive at the prime or middle period of life. It has often been observed, that those who have been

subject to bleeding at the nose when young are afterwards more liable to haemoptoe.

*Symptoms.*—The symptoms which precede this complaint, are a difficult respiration, hacking cough; a sense of weight and oppression of the chest, and hoarseness; these are sometimes succeeded with pains in the back and loins; coldness of the extremities, with shivering, flatulence, costiveness, extreme lassitude, etc. As these indicate a general stricture upon the vessels, and a tendency of the blood to inflammation, they are usually the prognostics of a very copious discharge.

Discharges of blood from the gums or fauces, are not attended with the above symptoms, by which means they may always be distinguished from an haemoptoe. The blood that is spit up is sometimes thick, and of a dark color, at other times it is thin, and of a florid red color; nothing, however, can be inferred from this circumstance, but that the blood has lain a longer or shorter time in the breast before it was discharged. When a vigorous, healthy person, of a strong constitution, is attacked with Spitting of Blood, it is not usually dangerous; but when it attacks those of a weak, lax fiber, or of a tender and delicate frame, it is with difficulty removed. When it proceeds from a scirrhous or polypus of the lungs it is unfavorable. When the extravasated blood is not spit up, but lodges in the chest, it corrupts and greatly increases the danger. When it is caused from an ulcer in the lungs, it usually proves fatal.

*Causes.*—This is sometimes occasioned by external violence; calculus matter irritating and eroding the vessels: sometimes by congestion, or a plethoric state of the vessels of the lungs, or by the suppression of some customary evacuation, as the bleeding piles in men, or the menses in women, etc. It may be produced by excess of blood, from a peculiar weakness of the lungs, or an ill conformation of the chest. It is often caused by running, wrestling, speaking loud, singing, or excessive drinking. Those who have weak lungs, should avoid all violent exertions of that organ, as they value life.

They should, likewise, guard against all violent emotions of the mind, excessive drinking, and every thing that produces a rapid circulation of the blood. When it is the effect of a long and violent cough, it is usually the harbinger of consumption. A violent degree of cold suddenly applied to the external parts of the body will occasion an haemoptoe. It may likewise be occasioned by breathing air which is too much rarefied to be able properly to expand the lungs. This is often the case with those who work in hot places, as furnaces, glass-houses, etc. Spitting of Blood is not always to be considered as a primary complaint. It is often only a symptom, and in some cases, not an unfavorable one; this being the case in pleurisy, peripneumony, and many fevers. In scurvy, dropsy, or consumption, it is an unfavorable symptom, and indicates that the lungs are ulcerated.

*Regimen.*—The strictest silence should be enjoined upon the patient, or at least he should speak in a very low voice; and should be kept cool and easy; every thing that heats the body or quickens the circulation increases the danger. Every occasion that has a tendency to excite the passions should be avoided, and his mind, moreover, should be soothed. The diet should be light, soft, and cooling, as rice boiled with milk, weak broths, barley gruels, panado, etc. The diet, in this case, can scarce be too low. Even water gruel is sufficient to support the patient for some days. All strong liquors must be avoided. The patient's beverage may be milk and water, whey, buttermilk, etc. Every thing should be drank cold, and in small quantities at once.

*Treatment.*—This, like other involuntary discharges of blood, should not be too suddenly stopped by astringent medicines. A greater amount of injury is sometimes done by this course, than if it were permitted to go on. It may, however, proceed so far as to reduce the patient's strength, and even to endanger his life, in which case proper means should be used for restraining it. The bowels should be kept open by a laxative diet, as roasted apples, stewed prunes, etc. If these should not produce the desired effect, a small quantity of

some lenitive medicine may be given. If the patient is feverish, small doses of nitre may be administered, which will be of service; a scruple, or half a drachm may be put into the patient's drink three times a day, and immediately given. His beverage may likewise be acidulated so as to quench the thirst, (without too much liquid being taken,) by the juice of lemon, or a few drops of sulphuric acid; or he may take frequently a cup of the tincture of *roses*. The feet and legs may be bathed in lukewarm water, which will likewise produce a very good effect in this disease. Sometimes opiates are very profitable; but these must be administered with caution. Ten or twelve drops of laudanum may be given twice a day, in a cup of barley water, and continued for some time, provided they be found beneficial. The conserve of *roses* will likewise be found an excellent medicine in this case, provided it be taken in sufficient quantity and long enough persisted in. It may be taken to the quantity of three or four ounces a day; and if the patient be troubled with a cough it should be made into an electuary with some balsamic sirup, and a little of the sirup of *poppies*. Those who are subject to frequent attacks of this disease, should avoid all excess, and vigorous efforts of the body, and also all violent agitations of mind. The tincture of *digitalis* may be administered with great advantage in this complaint, particularly where the pulse is very quick, from its sedative influence upon the heart and arteries.

*Dose.*—Eight or ten drops night and morning; this should be used with great caution, as an overdose often becomes suddenly dangerous.

Antimonials, when given in nauseating doses, sometimes have an excellent action, as well by promoting diaphoresis, as by checking the force of the circulation. Astringents, especially acetate of lead, with opium, or supersulphate of potass, are very useful. The shower bath, and cold bathing, have sometimes proved of great use. But we consider fine salt to be the most effectual remedy in this complaint, and have proved its efficacy by administration in quite a number of instances.

*Dose.*—A tea spoonful should be swallowed every half hour till the bleeding is arrested; and it should be repeated every twenty hours to prevent another attack, till the patient has sufficiently recovered. This is equally beneficial in *hemorrhage or bleeding of the lungs*, or *vomiting of blood*.

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## SECTION X.

VOMITING OF BLOOD.—(*Hemorrhage from the Lungs.*)

The symptoms, causes, and treatment here, are very nearly allied to those in the preceding disease. This complaint is not so common as the other discharges of blood, which have already been mentioned; but it requires special attention, as it is very dangerous. It is sometimes, however, periodical; in which case it is less dangerous. In hysterics, Vomiting of Blood is quite frequent, but by no means an alarming symptom. A great part of the danger in this disorder arises from the extravasated blood having lodged in the bowels, and become putrid, by which means a dysentery or putrid fever may be occasioned. The best method for preventing this, is to keep the bowels gently open, by frequently employing emollient enemata. Purges must not be given till the discharge is stopped, otherwise they will irritate the stomach and increase the disorder. All the food and drink must be of a mild, cooling nature, and taken in small quantities. Even drinking cold water has sometimes proved a remedy, but it will succeed the better when acidulated with a few drops of weak sulphuric acid. Opiates may be of utility; but they must be given in very small doses, as four or five drops of laudanum, two or three times a day. After the discharge is over, as the patient is usually troubled with griping pains, occasioned by the acrimony of the blood lodged in the intestines, gentle purges will be found of great utility.

## SECTION XI.

## CONSUMPTION OF THE LUNGS.

*(Phthisis Pulmonalis.)*

This is for the most part a hereditary disease, occurring in cold, changeable climates, or near the sea-coast, which may be excited by almost every cause. It usually attacks persons between the age of fourteen and thirty. Consumption is a wasting or decay of the whole body from an ulcer, tubercles, or concretions of the lungs, an empyema, a nervous atrophy, etc. The latter of which in old age, is to be met with by the most nutritious food, wine, and warmth.

*Symptoms.*—This malady usually commences with a dry cough, which often continues for some months. If a disposition to vomit after eating be excited by it, there is still greater reason to fear an approaching consumption. The patient complains of more than ordinary degree of heat, pain and oppression of the chest, especially after motion; his spittle is of a saltish taste, and sometimes mingled with blood. His appetite is poor, his thirst great; and he is apt to be desponding. There is usually a soft, quick pulse; though sometimes it is pretty full, and rather hard. After this the patient begins to spit a greenish, white, or bloody matter. His body is attenuated by the hectic fever, colliquative sweats, which mutually succeed one another, viz: the one towards night, and the other in the morning. There is a burning heat in the palms of the hands, and the face usually flushes after eating; the hair falls off; the fingers become remarkably small, and the nails are bent inwards. A looseness, and excessive discharge of urine, are often annoying indications at this time, and greatly debilitates the patient. At last the swelling of the feet and legs, total loss of strength, sinking of the eyes, difficulty of swallowing, and the coldness of the extremities indicate the immediate approach of death, which, however, the patient seldom believes to be so near. This

malady when confirmed and extensive, is nearly always fatal ; recoveries do, however, occur when the tubercles are few in number.

*Causes.*—It has already been observed, that an inflammation of this character often terminates in an apostume, or abscess ; consequently, whatever disposes persons to this disease, must likewise be considered as a cause of consumption. Other diseases, by vitiating the humors, may likewise occasion consumption ; as the scurvy, scrofula or king's evil, asthma, small-pox, measles. Another cause is want of exercise ; hence it comes to pass, that those artificers who sit much, and are constantly leaning forward, or pressing upon the stomach and breast, as cutlers, tailors, shoemakers, and seamstresses, etc., often die of consumption. When the fumes of metals or minerals impregnate the air which is inhaled by an individual, it is extremely injurious to the lungs, and often corrodes the tender vessels of that essential organ. Great evacuations, as sweatings, diarrheas, diabetes, the fluor albus, excessive menstruation, etc. Violent emotions of the mind, as anxiety, grief, disappointment, or a close application to study, etc. The sudden cessation of customary evacuations, as the bleeding piles, sweating of the feet, bleeding at the nose, the menses, issues, ulcers, or eruptions of any kind. Making a sudden transition from a hot to a very cold climate, change of apparel, or whatever greatly lessens the perspiration.

*Infection.*—Consumption is often caught by sleeping with the diseased ; for which reason this should be carefully avoided. It can not be of great benefit to the sick, and must naturally injure those in health.

*Cold.*—A large number of consumptive patients date the beginning of their complaints from wet feet, damp beds, night air, wet clothes, etc. Aromatic, saline, and sharp aliments, which heat and inflame the blood, are also frequently the cause of consumption.

*Regimen.*—On the first indication of consumption, if the

patient resides in a large town, or any place where the air is confined, he ought immediately to quit it, and to make choice of a situation in the country, where the air is dry, pure, and clear. Here he must not remain inactive, but take every day as much exercise as he can bear. The best method of taking exercise, is to ride on horseback, as this affords the body a great deal of motion without much fatigue. Such as can not bear this kind of exercise, must make use of a carriage. A long journey, as it amuses the mind by a continual change of objects, is greatly preferable to riding the same ground over and over. The patient should always finish his ride in the morning or before dinner; otherwise it will oftener do more harm than good. At any rate, the patient must ride; his life depends upon it; and it is almost an infallible remedy, if begun in time, and duly persisted in. This, to my knowledge, has frequently cured, after the patient was, to all appearance, in the last stage of a consumption, and where all medicines had proved ineffectual. Those who have strength and courage to undertake a pretty long voyage, occasionally derive much benefit from it. Those who attend the sick seldom recommend riding in this malady till the patient is either unable to bear it, or the disease has become incurable. Patients are likewise apt to trifle with every thing that is in their power. They can not see how the common actions of life should prove a remedy in an obstinate disease, and therefore reject it, while they eagerly seek after relief from medicine, merely because they do not understand it. Those who desire to travel, will derive great benefit from doing so in a more southern climate; and, if they find the air agrees with them, they should continue there, at least till their health be confirmed.

Next, we would recommend particular attention to diet. The patient should eat nothing that is either heating or hard of digestion, and his drink must be of a mild and cooling nature. All the diet must be calculated to diminish the acrimony of the humors, and to nourish and support the patient. For this purpose, he should confine himself chiefly to the use of vegetables and milk. Milk alone, has been considered by

some, in this complaint, to be of more value than the whole *materia medica*. Goat's milk has also been considered by some to be curative in this malady. Milk should be drank, if possible, in its natural warmth, and by an adult in the quantity of half a pint at a time. Not only should the patient take this quantity night and morning, but he should take it four or five times a day, and with it a little light bread. If cow's milk should prove too heavy for the stomach, it may be rendered lighter by allowing it to stand for some hours, and then taking off the cream. We do not advise those who have been accustomed to animal food and spirituous liquors, to leave them off all at once, as that might be dangerous; but they should gradually diminish the quantity, till they can leave them off altogether.

Rice and milk, or barley and milk, boiled, with a little sugar, is very suitable food; also all kinds of cooked ripe fruit, and jellies, conserves, and preserves. Ripe subacid fruits should be eaten plentifully. Some consumptive patients have derived much benefit from eating raw oysters, and drinking the juice, or water of the same. All the food and drink, however, should be taken in small quantities, lest an overcharge of fresh chyle should oppress the lungs, and too much accelerate the circulation of the blood. The patient's mind should be kept as easy and cheerful as possible. Consumption is often occasioned, and always aggravated, by a melancholy cast of mind; for which reason music, cheerful company, and every thing that inspires mirth, are highly beneficial.

*Medicine.*—In the first stage of consumption, the expectation may be promoted by the following medicines:

Take fresh *squills*, gum ammoniac, and powdered *cardamom seeds*, of each a quarter of an ounce; beat them together in a mortar, and if the mass proves too hard for pills, a little of any sirup may be added. This may be formed into pills of a moderate size, and three, four, or five taken, two or three times a day, according as the patient's stomach will bear. Whatever is used for removing the cough, besides riding and

other proper regimen, should be medicines of a sharp and cleansing property; as, oxymel, sirup of lemon, etc. Acids appear to have peculiarly good effects in this disease; they both tend to quench the patient's thirst, and to cool the blood.

The patient's beverage may be made of the bitter plants, as *ground-ivy*, *chamomile flowers*, or *water-trefoil*. These infusions may be drank at pleasure. They strengthen the stomach, promote digestion, and at the same time answer all the purposes of dilution, and quench thirst much better than things that are sweet. But if the patient spits blood, he should use for his ordinary drink, infusions or decoctions of vulnerary roots, plants, etc. Take of *comfrey root*, one ounce, *licorice* and *marsh-mallow roots*, each, half an ounce. Boil them in two quarts of water, down to one. A tea spoonful of the aromatic sulphuric acid may be added to this decoction when cold, and a tea cupful of it taken four or five times a day. There are many other plants and seeds, from which decoctions or infusions may be prepared, having the same design; as the *quince seed*, *colt's-foot*, *sarsaparilla* and *linseed*, etc. Simple infusion, or boiling, is all that is necessary, and the dose may be at discretion. The conserve of *roses* is here particularly beneficial. In order to derive benefit from it, three or four ounces should be eaten daily, for a considerable time; this should be eaten in small quantities at once, and fasting an hour after eating it. When hectic symptoms, oppression of the chest, and the spitting up of gross matter, indicate that an abscess is formed in the lungs, we would recommend *Peruvian bark*, that being the only drug having any chance to counteract the general tendency which the humors then have to putrefaction. An ounce of the bark, in powder, may be divided into eighteen or twenty doses, of which one may be taken every three hours through the day, in a little sirup, or a cup of the patient's ordinary drink. Should the bark happen to purge, it may be made into an electuary with the conserve of *roses*, thus: Take old conserve of *roses*, a quarter of a pound, *Peruvian bark* in powder, an ounce, sirup of orange or lemon, as much as will make it of the consistence of honey. This quantity will last the patient

about five days, and may be repeated as there is occasion. Such as can not take the bark in substance, may infuse it in cold water. Half an ounce of bark may be infused for twenty-four hours, in half a pint of water; strain it and take an ordinary tea cupful three or four times a day.

The bark would not be recommended while there are any symptoms of inflammation in the complaint; but when it is positively known that matter is collected there, it is certainly one of the best medicines that can be used. Codfish liver oil has performed some remarkable cures in consumption, when taken in season.

#### NERVOUS CONSUMPTION.

This is attended with indigestion, debility, loss of appetite, a pining away, or emaciation of the body, without any considerable degree of fever, cough, or difficult respiration. Persons who breathe an unwholesome air, indulge in spirituous liquors, or who are of a fretful disposition, are most liable to this malady.

We would chiefly recommend, in the cure of Nervous Consumption, a light and nourishing diet, plenty of exercise in the clear open air, and the use of such tonic bitters as are calculated to strengthen the stomach, as *Peruvian bark*, *gentian root*, *chamomile*, etc. These may be infused in wine or water, and a glass of it drank frequently.

The patient may take twenty drops of the elixir of vitriol, in a little wine or water. The chalybeate wine is likewise an excellent medicine in this case. It strengthens the solids, and powerfully assists nature in the preparation of good blood. Agreeable amusements, cheerful company, and riding about are, however, preferable to all medicines in this disease. For which reason, when the patient can afford it, we would recommend a long journey of pleasure, as the most likely means to restore his health. What may be called a Symptomatic Consumption, can not be cured without first removing the disease by which it is occasioned. Thus, when Consumption proceeds from the scurvy, asthma, scrofula or

king's evil, or corrupt humors of the blood, etc., a due attention must be paid to the complaint from whence it arises, and the regimen directed accordingly.

When excessive evacuations of any kind occasion Consumption, they must not only be restrained, but the patient's strength must be restored by gentle exercise, nourishing diet, generous cordials, etc.

## CHAPTER VI.

### DISEASES OF THE HEART, (*Carditis, Endocarditis, Pericarditis.*)

The heart is subject to a variety of diseases, which may be distinguished into *sympathetic, inflammatory, and organic.*

Three distinct textures are involved in the structure of the heart. Each of these textures is liable to inflammation, which, when seated in the pericardium, is termed *pericarditis*.—(Inflammation of the investing membrane of the heart.) When in the membrane lining the cavities of the heart, it is termed *endocarditis*; and when in its muscular substance, *carditis*. The two former of these assume an acute, subacute, or chronic form; the latter, *carditis*, is a rare disease.

The treatment of these may be considered under one head, as it is perfectly similar in all.

Mercury is recommended in these cases; with this view, calomel should be given in the manner best suited to insure its effects on the mouth, namely, in small doses frequently repeated. Antimonial diaphoretics and saline purgatives are likewise of utility. Digitalis, (*fox-glove,*) may be serviceable in keeping the pulse down, and opium, combined with calomel, has often an excellent effect; other narcotics and antispasmodics may also be profitable, according to circumstances. In the rheumatic forms of carditis, colchicum is highly esteemed by some practitioners.

The use of counter-irritants is better adapted to the subacute and chronic states of carditis than to the acute.

Chronic carditis demands the same treatment as the acute, but in a very moderate degree.

## CHAPTER VII.

### DISEASES OF THE NERVOUS SYSTEM.

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#### SECTION I.

##### INFLAMMATION OF THE BRAIN.

*Brain Fever.—Encephalitis.—Phrenitis.)*

The symptoms of this disease are exceedingly various ; but the *general* symptoms, however, are coma, or inclination to sleep ; delirium, with signs of determination of blood to the head, etc. This is sometimes a primary disease, but oftener only the symptom of some other disorder ; as the inflammatory, eruptive, or spotted fever, etc. It is very common, however, as a primary disease in warm climates, and is most incident to persons about the prime or vigor of life. The passionate, the studious, and those whose nervous system is irritable in a high degree, are most liable to it.

*Symptoms.*—Occasionally there are premonitory symptoms of an actual inflammation of the brain, such as pain in the head, more or less acute, rush of blood to the head, redness of the eyes, vertigo, and ringing in the ears for the space of a week preceding the attack. There are also feverish symptoms, attended with sense of weight on the top of the head, and unusual excitability. Moreover, the patient is costive, his sleep is disturbed, or there is a total want of it.

When the inflammation is confirmed, the symptoms in general are similar to those of the inflammatory fever. The pulse, indeed, is often weak, irregular, and tremulous ; but sometimes it is hard and contracted. When the brain itself is inflamed, the pulse is always soft and low ; but when the

inflammation only affects the integuments of the brain, viz: the dura and pia mater, it is hard. A remarkable quickness of hearing is a common symptom of this disease, but that seldom continues long. Another usual symptom is a great throbbing or pulsation of the arteries in the neck and temples. The tongue is often black and dry; yet the patient seldom complains of thirst, and even refuses to drink. The mind principally runs upon such objects as have before made a deep impression on it; and sometimes from a sullen silence the patient becomes suddenly raving. A constant trembling and starting of the tendons is an unfavorable symptom, as is also total want of sleep; continual spitting, a suppression of urine, grinding of the teeth, which last may be considered as a kind of convulsion.

When phrenitis succeeds an inflammation of the lungs, of the intestines, or of the throat, etc., it is owing to a transition of the disease from these parts to the brain, and usually proves fatal. This clearly shows the necessity of proper evacuations, and the danger of repellents in all inflammatory complaints.

The favorable symptoms are, a copious discharge of blood from the nose, the bleeding piles, a free perspiration, a plentiful discharge of urine, in which we find, after a short time, a copious sediment. Sometimes the disease is carried off by a looseness of the bowels, and in women by an excessive flow of the menses.

As this disease often proves fatal in a few days, it requires the most speedy applications. When it is prolonged or improperly treated, it sometimes terminates in insanity, or a kind of stupidity which continues for life.

In the cure, two things are chiefly to be attended to, viz: to lessen the quantity of blood in the brain, and to retard its circulation towards the head.

*Causes.*—This complaint is often occasioned by keeping late hours at night, especially when joined with hard study. It may likewise proceed from intemperance, anger, grief, or anxiety. It is often occasioned by the cessation of usual

evacuations, as the bleeding piles in men, and the customary discharges of women, etc. Those who imprudently expose themselves to the heat of the sun, especially by sleeping without doors in the hot season, with their heads uncovered, are often suddenly seized with inflammation of the brain, so as to awake quite delirious.

When repellents are injudiciously used in erysipelas, an inflammation of the brain is sometimes the consequence. It may likewise be occasioned by external injuries, as blows or bruises upon the head, etc.

*Regimen.*—The patient should be kept very quiet. Company, noise, and every thing that affects the senses or disturbs the imagination, increase the disease. Even too much light is hurtful; for which reason the patient's room should be a little darkened; and he should neither be kept too cool nor hot. It is not, however, necessary to exclude the company of an agreeable friend, as this has a tendency to soothe and quiet the mind. Neither should the patient be kept too much in the dark, lest it should occasion a gloomy melancholy, which is too often the consequence of this disease. The patient must, as far as possible, be pacified, and indulged in every thing. Contradiction will ruffle the mind and increase the malady. Even when he calls for things which are not to be obtained, or which might prove injurious, he is not to be positively denied them, but rather put off with the promise of having them as soon as they can be obtained, or by some other excuse. A little of any thing that the mind is set upon, though not exactly proper, will injure the patient less than a positive refusal. The aliment should be light, consisting chiefly of farinaceous substances, as panado, and water gruel acidulated with jelly of currants or juice of lemons, cooked ripe fruits, jellies, preserves, etc. The beverage should be weak, diluting, and cooling, as whey, barley-water, or decoctions of barley and tamarinds, which latter not only renders the drink more palatable, but also more beneficial.

*Treatment.*—In an inflammation of the brain, nothing

more certainly relieves the patient than a free discharge of blood from the nose. When this takes place of its own accord, it is by no means to be stopped, but rather promoted, by applying cloths dipped in warm water to the part. When bleeding at the nose does not take place spontaneously, it may be provoked by putting a straw, or any other sharp body, up the nostril. Leeches may be applied to the temples, which greatly relieve the head. A discharge of blood from the hemorrhoidal veins is likewise of great service, and ought, by all means, to be promoted. If the patient has been subject to the bleeding piles, and that discharge has been stopped, every method must be tried to restore it; as the application of leeches to the parts, sitting over the steam of warm water, sharp clysters or suppositories made of honey, *aloes*, and rock salt. If the inflammation of the brain is occasioned by the stoppage of evacuations, either natural or artificial, as the menses, issues, setons, etc., all means must be used to restore them as soon as possible, or to substitute others in their stead. The patient's bowels must be kept open by emollient enemata, or mild purgatives; and small quantities of nitre should frequently be mixed with his drink. Two or three drachms, or more, if the case be dangerous, may be used in the space of twenty-four hours. The head should be shaven, and frequently rubbed with vinegar and *rose water*. Cloths dipped in this mixture may also be applied to the temples. The feet ought frequently to be bathed in lukewarm water, and soft poultices of bread and milk may be kept constantly applied to them.

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## SECTION II.

### APOPLEXY.—(*Apoplexia.*)

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Apoplexy is a sudden loss of consciousness and motion, during which the patient to all appearance is dead, the heart

and lungs, however, continue to move. This disease often proves fatal, yet it may sometimes be removed by proper treatment, and by a little care might often be prevented. It chiefly attacks sedentary persons of a gross habit, who use a rich and plentiful diet, and indulge in strong liquors. Persons in the decline of life are most subject to apoplexy. It prevails most in winter, especially in wet, rainy seasons, and a low state of the barometer.

*Symptoms.*—Apoplexy is usually preceded by the following symptoms, viz: rush of blood to the head, red face, vertigo or dizziness, dimness of vision, a general weariness and stupidity, pain in the head, loss of memory, ringing noises in the ears, numbness, or pricking sensation in the extremities; sometimes there is irritability of temper manifested; at other times there is fainting, a quick pulse, a great flow of tears, and laborious respiration. When persons of an apoplectic make discover these symptoms, they have reason to fear the approach of a fit, and should endeavor to prevent it by bleeding, a spare diet, and purgative medicines.

In the sanguine Apoplexy, if the patient does not die suddenly, the countenance appears florid, the face is swelled or puffed up, and the blood vessels, especially about the neck and temples, are turgid; the pulse beats strong, the eyes are prominent and fixed, the respiration difficult, and is often accompanied with a stertorous sound. The excrements and urine are often voided spontaneously, and the patient is sometimes seized with vomiting. It is most frequent after thirty, and the prognosis is unfavorable.

*Treatment.*—During this species of apoplexy, every method must be taken to lessen the force of the circulation toward the head. The patient should be placed in a cool room, with his head raised pretty high; the clothes should be loosened, especially around the neck, and his feet and legs allowed to hang down. In some cases it would be advisable to put the feet in a warm bath, stimulated with *mustard*. As soon as the patient is placed in a suitable posture, he should be bled

freely in the neck or arm, and if there be occasion, the operation may be repeated in two or three hours. A laxative enema or injection, with plenty of sweet oil or fresh butter, and a large spoonful of table salt in it, may be administered every two hours; and blistering plasters applied between the shoulders, and to the calves of the legs. As soon as the patient is able to swallow, a large dose of *calomel* and *jalap*, or *epsom salts* may be administered; and if these do not operate freely in due time, give a table spoonful or more of castor oil. The bowels should be kept open by the free use of similar medicines, as there is a liability to recurrence produced by the attack. As soon as the symptoms are slightly abated, and the patient can swallow quite well, he ought to drink freely of some diluting, opening beverage, as a decoction of tamarinds and *licorice*, cream tartar whey, or common whey with cream of tartar dissolved in it. All spirits and spirituous liquors are to be avoided. Even volatile salts held to the nose do harm. Emetics for the same reason, ought not to be given, or any thing that may increase the motion of blood towards the head.

In the *serous Apoplexy* the symptoms are similar, only the pulse is not so strong, the countenance is less florid, and the respiration less difficult. The treatment should be the same as that in the sanguine Apoplexy, and the patient may likewise drink strong *balm tea*. If he is inclined to sweat, it should be promoted by drinking weak wine whey, or an infusion of *carduus benedictus*.

A profuse perspiration kept up for a considerable time has often carried off a serous Apoplexy.

When this disease proceeds from opium or other narcotic substances taken into the stomach, emetics are necessary. The patient is usually relieved as soon as he has discharged the poison in this way.

Persons of an apoplectic make, or those who have been attacked by it, should use a very spare and low diet, avoiding all strong liquors, spices, and high-seasoned food. They ought likewise to guard against all violent passions, and to avoid the extremes of heat and cold. The head should be

shaved, and daily washed with cold water. The feet ought to be kept warm, and never suffered to continue long wet. The bowels must by all means be kept open either by food or medicine. Exercise should by no means be neglected, but it ought to be taken in moderation.

Nothing has a more happy effect in preventing Apoplexy than riding, and perpetual issues, or setons; great care, however, must be taken not to suffer them to dry up, without opening others in their stead.

Apoplectic persons ought never to retire to rest with a full stomach, or lie with their heads low, or to wear any thing too tight about their necks.

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### SECTION III.

#### PALSY.—(*Paralysis.*)

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Palsy is a disorder known by a loss or diminution of the power of voluntary motion affecting any part of the body. It usually comes on suddenly, but occasionally it is preceded by numbness, coldness, paleness, and sometimes by slight convulsive twitches in the parts affected.

*Causes.*—It may arise in consequence of an attack of apoplexy; and when it arises as a consequence of such, it usually proves very difficult to cure.

It may likewise be occasioned by worms, scrofula, intemperance, wounds of the brain or spinal marrow; pressure upon the brain or nerves; very damp or cold air; sudden fear; want of exercise; and whatever greatly relaxes the system, as much tea or coffee. The suppression of customary evacuations, and the poisonous fumes of metals or minerals will likewise produce Palsy, as mercury, lead, or arsenic. When Palsy attacks any vital part, such as the lungs, heart, or brain, it soon terminates fatally.

The most usual form of Palsy is when one side of the body is affected, though sometimes only a portion of it is attacked, as a limb, hip, or shoulder. It sometimes seizes the lower extremities; sometimes the arms only; at other times one side of the face, as one eyelid, the tongue, or the muscles of deglutition.

When the head is much affected, the eye and mouth are drawn on one side, the memory and judgment are much impaired, and the speech is indistinct and incoherent.

If the disease affects the extremities, and has been of long duration, it not only produces a loss of motion and sensibility, but likewise a considerable flaccidity and wasting away in the muscles of the parts affected. When it affects the stomach, the intestines, or the bladder, it is really dangerous.

*Treatment.*—In this complaint an attempt should be made to remove, as far as possible, any compressing cause, and to rouse the nervous system.

It will sometimes be proper, where the attack is sudden, the disease originating in the head, with great determination of blood to that part, particularly in a plethoric habit, to apply cupping-glasses to the neck, and exhibit active purges, with the other means pointed out under apoplexy. But where the patient is advanced in life, of a debilitated constitution, and not too full of blood, the object should rather be to procure regular and healthy discharges from the bowels, obviate irritation in the brain by blisters in the neighborhood, and procure a steady determination to the skin by gentle stimulant diaphoretics, as ammonia, guaiacum, etc., in moderate doses, regularly persevered in. Certain narcotic substances have been found occasionally successful, as aconite, arnica, and nux vomica. *Rhus toxicodendron*, (*poison oak or sumach*), the dried leaves of which have been much used and highly extolled in paralysis and herpes, but in the fresh state are very poisonous. The dose of the dried leaves may be from half a grain, gradually increased to four grains, two or three times a day. Various local means of increasing the circulation and

nervous energy in the affected parts are resorted to in this complaint, often with decided benefit.

In all cases it is proper to keep up sufficient warmth in the limb, or the disease may be rendered incurable. But in addition to this, in tedious cases, fomentations, the vapor bath, friction, electricity, and a variety of stimulant, rubefacient, or even vesicatory embrocations, liniments, and plasters may assist materially in the recovery of the patient. Exercise is of the greatest importance in the Palsy; and the patient should wear flannel next his skin; and if possible should remove into a warmer climate. When the disease affects several different parts of the body, stimulants should be used both internally and externally, as *mustard seed*, *horse-radish*, and the volatile alkaline salts or spirits, and ether. The diet in old age should be warm and invigorating, seasoned with spicy and aromatic vegetables, as *mustard*, *horse-radish*, etc. The drink should be good wine, *mustard whey*, or brandy and water.

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#### SECTION IV.

#### MILK SICKNESS.

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This disease is also called sick stomach or trembles. It appears to be contagious, and confined to particular districts of the Western States, as Ohio, Kentucky, Indiana, and Illinois. It prevails to a considerable extent near the Wabash river, especially the southern portion of it. It is thought that the disease is communicated to cattle (particularly the cow) from having eaten the leaves of a poisonous shrub.

The eyes present a red or bloodshot appearance; the breath is offensive, having a peculiar and disagreeable smell. The walk is of a weak, unnatural, reeling manner; when driven, they fall into convulsions, and very often die. The butter, cheese, milk, and meat of such animals are extremely poison-

ous, a small quantity bringing on the same disease in man or other animals, in from five hours to five days. Hogs and dogs derive it from drinking the milk, or from eating the flesh of cattle or sheep that have died of this disease.

The butter and cheese of the infected districts have been quite extensively exported to St. Louis, Louisville, etc., and many times produced fatal effects. It has been thought that the extensive poisoning in New York city in the spring of 1840, arose from cheese imported thence.

*Symptoms.*—In man it commences with restlessness, lassitude, loss of appetite, constipation, fetid breath, vomiting frequently, with blood, and, finally, all the symptoms of a low typhus fever, with nervous tremors and delirium: it is very fatal.

*Treatment.*—Thorough emetics are very serviceable in this disorder. The sickness at the stomach, which is very great, usually prevents the possibility of administering medicine in such quantity as to do much good; we must therefore rely principally on laxative injections, often repeated, and long-continued; as soon as the vomiting subsides, an active cathartic should be given. Prepared charcoal is said to produce excellent effects in this disease, which should be given by way of tea or powder, after the emetics have done operating.

*Dose.*—Of the powder from a tea spoonful to one or two table spoonsful every two or three hours, mixed with whatever is best suited to the patient. After the emetics and cathartics have faithfully performed their duties, and the symptoms abated, a combination of bitter and nervine tonics, in small doses, may be administered three times a day.

## SECTION V.

EPILEPSY.—(*Fits. Epilepsia.*)

This disease is sometimes termed falling sickness, and is characterized by violent convulsions, with coma, and generally foaming at the mouth; its attacks are usually sudden, sometimes, however, it is preceded by giddiness or dimness of vision, followed immediately by a deprivation of all the senses, in which the patient falls suddenly down. It more frequently attacks men than women, and is very difficult to cure. When Epilepsy attacks children, there is reason to hope it may wear off; when it attacks any person after twenty-five years of age, the cure is very difficult; but when after forty-five, a cure is hardly to be expected. It is considered a very unfavorable symptom when the patient is seized with the fits in his sleep.

*Symptoms.*—These fits are immediately preceded with flashes, or a determination of blood to the head, palpitations, noise in the ears, difficult respiration. In most cases it is preceded by flatulency in the stomach and intestines, weariness, pain of the head, and dullness; at times there prevails a sense of something like a cold aura or vapor arising up to the head, etc.

*Causes.*—The causes which give rise to the fits, are wounds, blows, fractures, and other injuries done to the head by external violence, together with lodgments of water in the brain, tumors, concretions, and polypi, intense study, and violent emotions of the mind.

*Regimen.*—The diet of epileptic patients should be light, but nourishing. They should breathe, if possible, a pure and free air. They should not drink any thing strong—should avoid pork, water-fowl, and likewise all flatulent and oily vegetables, as cabbage, nuts, etc. The mind should be kept cheerful, carefully guarding against all violent passions, as anger, fear, etc. Exercise is likewise of great importance;

but the patient must be careful to avoid all extremes, either of heat or cold, as such would be apt to occasion a fit.

*Treatment.*—If the patient be of a sanguine temperament, and there be reason to fear an obstruction in the brain, bleeding and other evacuations will be necessary. When the disease is occasioned by the stoppage of customary evacuations, these, if possible, must be restored; if this can not be done, others may be substituted in their place. Issues or setons, in this case, have often a very good effect. When there is reason to believe that the disease proceeds from worms, proper medicines should be used to remove them. When the disease proceeds from teething, the bowels should be kept open by emollient clysters, the feet frequently bathed in warm water, and, if the fits prove obstinate, a blistering plaster may be put between the shoulders. The same method is to be followed when epileptic fits precede the eruption of the small-pox, measles, etc. When it is owing to a debility, or too great an irritability of the nervous system, such medicines as tend to brace and strengthen the nerves may be used, as the *Peruvian bark*, preparations of steel, etc. Chalybeate waters are found to be beneficial in this disease.

Convulsion fits proceed from the same causes, and must be treated in the same manner as the Epilepsy.

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#### SECTION VI.

#### CHOREA.—(*St. Vitus's Dance.*)

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This disease is characterized by convulsive movements of the limbs, or portions of the body, occasioning unusual and involuntary gesticulations. It usually attacks the young, though it has been occasionally found to occur at a more advanced period of life. Females are more liable to it than males.

*Symptoms.*—The approaches of this disease are by moderate advances. The bowels are in a constipated state, aggravated as the disease progresses; a variable and often a ravenous appetite, loss of usual vivacity and cheerfulness; and there is a slight, irregular, involuntary motion of the different muscles, particularly those of the face. The muscles of the head, neck, arms, and legs, become affected; the gait is staggering, and the movements often violent. Deglutition and speech are impeded; the eyes become vacant. The convulsive movements are almost incessant, except during sleep.

When it is of long standing there is much mental depression, and a vacant and languid air.

*Treatment.*—The treatment consists in the use of purgatives and tonics, especially preparations of iron, cold bathing, pure air, and a nutritious diet. Sea voyages often produce an excellent effect. Chorea is a tedious, but not dangerous disease, and often defies all remedial agents. In obstinate cases, camphor is sometimes remarkably useful. Exercise in this complaint, as well as in all other nervous diseases is far more beneficial than medicine. If the patient will pass the principal part of the time in walking and riding, he may expect a cure without the aid of medicine. Riding on horseback is considered the better, if the patient is able to bear it.

## CHAPTER VIII.

### AFFECTIONS OF THE ORGANS OF THE SENSES.

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#### SECTION I.

##### INFLAMMATION OF THE EYES.—(*Ophthalmitis.*)

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*Symptoms.*—Inflammation of the eyes is attended with redness, heat, swelling, and with acute pain. The patient is not able to bear the light, and sometimes he experiences a pricking pain, as if his eyes were pierced with a thorn. The eyes are filled with scalding rheum, which rushes forth in great quantities whenever the patient attempts to look up. At times he imagines his eyes are filled with dust, or thinks he sees flies passing before him. The pulse is usually quick and hard, with some degree of fever. When the inflammation is great, the surrounding parts swell, and there is a throbbing or pulsation in the temporal arteries, etc. If the patient is seized with a looseness, it has a good effect, and when the inflammation passes from one eye to another, as it were by infection, it is no unfavorable symptom. But when the complaint is accompanied with a violent pain in the head, and continues long, the patient is in danger of losing his sight.

*Causes.*—This disease may be occasioned by a common cold, and obstruction of the tear passages. The difficulty may arise from external injuries, as blows, likewise from dust and other substances getting into the eyes. It is often occasioned by the obstruction of customary evacuations ; as the healing of old sores, drying up of issues, the suppression of gentle morning sweats, or the sweating of the feet. Long exposure to the night air, especially in cold, northerly winds, or whatever suddenly checks the perspiration, especially after the body has

been much heated, is very apt to cause Inflammation of the Eyes. Viewing snow, or other white bodies for a long time, or looking steadfastly at the sun; a clear fire, or any bright object, will likewise occasion this malady. A sudden transition from darkness to very bright light will often have the same effect. Nothing more certainly occasions an Inflammation of the Eyes than sitting up late at night, and especially reading or writing by candle-light. Drinking spirituous liquor is likewise very hurtful to the eyes. The acrid fumes of metals, and of several kinds of fuel, are also very pernicious. Sometimes an Inflammation of the Eyes proceeds from scrofulous, or gouty habit, sometimes it is epidemic, especially after wet seasons, and it frequently proves infectious, particularly to those who live in the same house with the patient.

In children it often proceeds from imprudently drying up of scabbed-heads, a running behind the ears, or any similar discharge. Inflammations of the Eyes often succeed the small-pox or measles, especially in children of a scrofulous habit.

*Regimen.*—The diet, unless in scrofulous cases, can hardly be too spare. The patient must abstain from every thing of a heating nature. The food should consist principally of mild vegetables and gruels. The drink may be barley-water, *balm-tea*, and common whey.

The patient's chamber must be darkened, or his eyes shaded by a cover so as to exclude the light, but not press upon the eyes. He should not look at a candle, the fire, or any luminous object; and ought to avoid all smoke, as the fumes of tobacco, or any thing that may cause coughing or sneezing. He should be kept quiet, avoiding all violent efforts, either of body or mind, and encouraging sleep as much as possible.

*Treatment.*—Leeches are often applied to the temples, or under the eyes, with good effect. The wounds must be allowed to bleed for some hours, and if the bleeding stop soon, it may be promoted by the application of cloths dipped

in warm water. In obstinate cases, it will be necessary to repeat this operation several times.

The patient should take a small dose of salts and cream of tartar, every second or third day, or decoction of tamarinds with *senna*. If these be not agreeable, gentle doses of *rhubarb* and *nitre*, or any other mild purgative, will answer the same purpose. He should likewise, at bedtime, partake freely of weak wine whey, in order to promote perspiration, and his feet and legs must be frequently bathed in warm water. This has often a remarkably good effect. In catarrhal ophthalmia purgative medicines are indispensably necessary. Active doses should be given at first; and afterwards the bowels may be kept open by smaller doses.

If the inflammation does not yield to these evacuations, blisters must be applied to the temples, behind the ears, or upon the neck, and kept open for some time. These, if long enough kept open, seldom fail to remove the most obstinate Inflammation of the Eyes.

When the heat or pain of the eyes is very great, a poultice of bread and milk, softened with sweet oil or fresh butter, may be applied to them, at least all night; and they may be bathed in lukewarm milk and water in the morning. Or they may be bathed three or four times a day with the infusion of *poppy leaves* in rum, which will often remove all inflammation from the eyes, and strengthen the sight.

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## SECTION II.

### NIGHTMARE.—(*Ophialtes.*)

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This disagreeable complaint is dependent upon certain diseased conditions of the system. Persons of a nervous temperament, whose digestive powers are feeble, or whose bowels are much disordered, are most liable to its attacks.

This disease is characterized by distressing sensations during sleep, mostly preceded by a fearful dream, in which

some known or unknown enemy is in close pursuit, and from whom the person affected can not escape, and is unable, though he is constantly endeavoring so to do: in this struggle a great oppression or weight is felt on the chest. The causes of this affection are lying on the back, mental irritation from fatigue, and a dyspeptic state of the stomach.

*Causes.*—It is sometimes caused by flatulence, by indigestible matter in the stomach, after too heavy a supper, which, pressing the stomach against the diaphragm, impedes respiration, or renders it short and convulsed. Inflated intestines may likewise produce similar effects, or mental perturbations; as grief, anxiety, dejection of mind, etc. There is another species, which has a more dangerous tendency, arising from an impeded circulation of blood in the lungs when lying down, or too great relaxation of the heart and its impelling powers. Epilepsy, apoplexy, or sudden death, are sometimes among the consequences of this species of disturbed sleep.

*Treatment.*—The patient should take proper exercise, and a dose of some bitter tonic, or *cayenne*, at bedtime, which will usually prevent the nightmare.

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### SECTION III.

#### FAINTING. SWOONING.—(*Syncope.*)

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Fainting is an affection in which the respiration and action of the heart either cease, or become much weaker than usual, with paleness and coldness, arising from diminished energy of the brain, or from organic affections of the heart.

*Symptoms.*—This disease is sometimes preceded by anxiety about the praecordia, a sense of fullness ascending from the stomach toward the head, vertigo, or confusion of ideas, dimness of vision, and coldness of extremities. The attacks are

frequently attended with, or end in vomiting, and sometimes in epileptic or other convulsions. Swoonings often occur in the progress of diseases. In the beginning of putrid diseases, they generally denote an oppression at the stomach, or a mass of corrupted humors, and they cease after evacuations either by vomit or stool. When they take place at the beginning of malignant fevers, they indicate great danger. In these cases vinegar, used both internally and externally, is the best remedy during the paroxysms, and plenty of lemon juice and water after it. Faintings which happen in diseases accompanied with great evacuations, must be treated like those which are owing to weakness, and the evacuations ought to be restrained. When they occur towards the end of a severe fit of an intermittent fever, the patient must be supported by small draughts of wine and water. From whatever cause fainting fits may proceed, fresh air is always of the utmost importance to the patient. His mouth may be wet with a little rum, or sugar and cinnamon, which is an excellent cordial, and may be poured into the mouth. A compress of flannel dipped in hot wine or brandy, must be applied to the pit of the stomach, and warm bricks, or bottles filled with hot water, laid to the feet. Sometimes spirits of camphor may be applied to the nose, should the before-mentioned remedies fail to produce the desired effect.

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#### SECTION IV.

#### DROPSY.—(*Hydrops.*)

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Dropsy is a preternatural swelling of the whole body, or some parts of it, occasioned by a collection of water. It is distinguished by different names, according to the part affected, as *anasarca*, or a collection of water under the cellular membrane; *ascites*, or a collection of water in the abdomen; *hydrothorax*, or dropsy of the chest; *hydrocephalus*, or dropsy of the brain, etc.

*Symptoms.*—*Anasarca* usually begins with a swelling of the feet and ankles towards night, which for sometime disappears in the morning. In the evening, the parts, if pressed with the finger, will pit. The swelling gradually ascends towards the bowels, the arms, and the head. Afterwards the breathing becomes difficult, the urine is small in quantity, and the thirst is great. The bowels are constipated, and perspiration is greatly obstructed. To these succeed torpor, heaviness, a slow, wasting fever, and a troublesome cough. The last usually proves a fatal symptom, as it indicates that the lungs are affected.

In the *ascites*, besides the above symptoms, there is a swelling of the bowels, and often a fluctuation, which may be observed by striking the belly on one side, and laying the palm of the hand on the opposite. When *anasarca* and *ascites* are combined, the case is very dangerous. When the disease comes on suddenly, and the patient is young and strong, there is reason to hope for a cure, especially if medicine be given early. But if the patient be old, has led an irregular or sedentary life, or if there be reason to suspect that the liver, lungs, or any of the viscera are unsound, there is great reason to fear the consequences.

*Regimen.*—The patient must abstain as much as possible from all drink, and must quench his thirst with whey, or acids, as juice of lemons, oranges, sorrel, etc. His aliment should be of a stimulating, diuretic quality, as toasted bread, the flesh of birds, or other wild animals, roasted; pungent and aromatic vegetables, as *garlic*, *mustard*, *onions*, *horse-radish*, etc. Some have actually been cured of Dropsy by abstinence from liquids, and by taking the expressed juice of raw red onions.

*Dose.*—Four table spoonsful four times a day one or two hours before eating; or, take *juniper ashes*, with molasses and gin. This will carry off the water and effect a cure. Exercise is likewise of the greatest importance in dropsy. If the patient is able to walk or labor, he ought to continue

these exercises as long as he can. If he is not able to walk or labor, he must ride on horseback, or in a carriage, and the more violent the motion so much the better, provided he can bear it. His bed should be hard, and the air of his apartment warm and dry. If he lives in a damp section of country, he ought to be removed into a dry one, and, if possible, into a warmer climate. In a word, every method must be taken to promote the perspiration, and to brace the solids. For this purpose, it will likewise be proper to rub the patient's body, two or three times a day, with a rough cloth, or a flesh brush, and he ought constantly to wear flannel next his skin.

*Treatment.*—If the patient be young, his constitution good, and the disease has come on suddenly, it may generally be removed by strong emetics, active purges, and such medicines as promote a discharge by perspiration and urine.

For an adult, half a drachm of *ippecacuanha*, in powder, and half an ounce of oxymel of *squills* will be a proper emetic. This may be repeated as often as is found necessary, three or four times intervening between each dose. A cup or two of chamomile tea will be sufficient to work it off. Between each emetic, on one of the intermediate days, the patient may take the following purge: *jalap*, in powder, half a drachm, cream of tartar, two drachms, calomel, six grains. These may be made into a bolus, with a little sirup, and taken early in the morning. The less the patient drinks after it the better.

The patient may likewise take every night at bedtime the following bolus. To five grains of camphor, add two grains of opium and as much sirup of orange-peel as is sufficient to make them into a bolus. This will usually promote a gentle sweat, which should be encouraged by drinking now and then a gill of wine whey, with a tea spoonful of the spirit of hartshorn in it.

*Dose.*—A tea spoonful of the following infusion may likewise be taken every four hours through the day:

Take *juniper-berries*, mustard-seed, and *horse-radish*, of each half an ounce, the tops or leaves of broom, three-quarters of a pound ; infuse them in a quart of Rhenish wine or strong ale for a few days, and afterwards strain off the liquor. Those who can not take this infusion, may use the decoction of *seneka snake-root*, which is both diuretic and sudorific.

Cases of obstinate *anasarca* have been cured by an infusion of the ashes of broom in wine. The secretion of urine may be greatly promoted by nitre. It is said that dropsy has been cured by taking a drachm of nitre every morning in a draught of ale, after being given over as incurable. The powder of *squills* is likewise a good diuretic. Six or eight grains of it, with a scruple of nitre, may be given twice a day in a glass of strong cinnamon water.

## CHAPTER IX. CASUALTIES.

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### SECTION I.

#### CONCUSSION OF THE BRAIN.

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THIS is occasioned by a blow, shock, or stunning, more or less severe, which is communicated directly or indirectly to the brain.

In severe cases, the loss of sensation may exist for many hours, and it is attended by partial reaction, which increases if treatment be not employed, to inflammation of the brain. In the first stage little can be done; as consciousness returns, bleeding may be employed; and should the febrile symptoms increase, cold to the head, purgatives, and counter-irritation are to be employed. The prognosis is often unfavorable, from the occurrence of extravasation, which may take place during convalescence. This is marked by the return of torpor, with stertorous breathing, etc.

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### SECTION II.

#### SPRAINS.—(*Subluxation.*)

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A sprain is an injury of a joint, in which it has been twisted or strained in any direction further than its natural range of motion allows, but without actual dislocation of the bones. In every sprain, the ligaments of the joints are preternaturally stretched, and in severe ones they are often partially torn. Hence follows inflammation of the ligaments

and the soft parts surrounding the joint, and in bad cases, of the capsular ligament itself.

*Treatment.*—This class of troublesome injuries are profitably treated with *arnica*, at the commencement, both as an internal remedy, and externally as a lotion. The first indication is to allay inflammation; and where this is considerable, the copious and repeated application of leeches is often required, with purgatives, and an antiphlogistic regimen, and sometimes general blood-letting. The local application may sometimes consist of cold lotions or hot fomentations, according to circumstances. When all danger of inflammation is past, the joint is to be strengthened by friction with stimulating liniments, the application of bandages, etc. While any inflammation prevails, perfect rest of the joint must be insisted on; when weakness merely is present, gentle exercise is serviceable.

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### SECTION III.

#### DIMNESS OF SIGHT.

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*Symptoms.*—The patient often imagines he sees flies, cobwebs, and particles of dust floating in the air, and can not distinguish clearly any object, either near to him or at a distance.

*Causes.*—Pressure on the optic nerves within the skull, by tumor or other causes, as apoplexy, intemperance, etc.

*Treatment.*—Blisters, issues, or a seton to the back of the neck. Snuff, by exciting a discharge from the nose, is very serviceable. As many causes of this disease are seated in the stomach and intestines, a light emetic may be first administered, and then a succession of purgatives for several days or weeks.

## COMPOUNDS.

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### SELECT MEDICAL PREPARATIONS FOR FAMILY USE AND CONVENIENCE.

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By a compound we mean the union of two or more ingredients in one mass or body, as bitters, sirups, decoctions, infusions, tinctures, confections, pills, liniments, plasters, ointments, poultices, clysters, lotions, etc.

There being a number of preparations, which have been found of great practical use, but which would not properly find a place in either of the foregoing divisions of this work, it has been deemed advisable to place them in the position they here occupy. For greater convenience they will be found divided under several appropriate headings.

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#### ALTERATIVE BITTERS, FOR IMPURITIES IN THE BLOOD.

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Take of black cohosh, gentian, ginseng, sarsaparilla, dwarf elder, prickly-ash bark, blue-flag root, seneka snake-root, wintergreen, or pipsissewa, gold-thread, yellow-dock root, and Virginia snake-root, each, half an ounce; blood-root, one-fourth of an ounce. Put the whole in a vessel; pour upon them two quarts of boiling water; stir the preparation well; keep it as near the fire as can be done without boiling, for twelve hours, but not over the fire; when cool put the dregs with the liquor into a large jug, then add three pints of the best Holland gin; shake it once, and not again.

This medicine is designed to be just laxative enough not to weaken the patient; after having taken it a day or two, should it not prove laxative, add a pint of water to the contents in the jug; if not then, add a little more; and if not then, add until it is; for if too strong it will not produce a cathartic effect.

*Dose.*—Half a wine glassful, (more or less in quantity as the patient can bear), three times a day, half an hour before each meal.

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#### DRINKS IN FEVERS.

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1. Take of mulberry juice, strained, one pint; refined sugar, one and a half pounds. Dissolve and make a sirup. This is both aperient and demulcent, and may be exhibited with advantage in fever drinks.

2. Or, the juice of sorrel may be put into the patient's drink, which will prove peculiarly servicable in intermittents, or other fevers.

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#### POISON.

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When a person has swallowed poison deliberately or by chance, get half a glass of warm water, and mix with it fine salt and ground mustard, of each, one tea spoonful; catch firm hold of the person's nose, and the mouth will soon fly open, then give him to drink the mixture; in a few minutes the poison will be ejected; then have the patient swallow the white of an egg, followed by a cup of strong coffee.

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#### SCARLET FEVER.

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The Baltimore Sun says: "We published a year or two ago, a simple remedy for scarlet fever; being no other than

rubbing the patient thoroughly with fat bacon. We have since, at different times, received assurances from different parties, whom the notice led to make a trial of it, of the entire success of the experiment. Others are just now sending us testimonials of the astonishing and speedy cures recently wrought by it. We mention the matter that others 'may go and do likewise.'"

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### CURES FOR CANCERS.

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1. Arsenic and sulphur, with powdered crow-foot leaves mixed with white of egg.
2. Arsenic and extract of conium.
3. Sulphate of zinc, and extract of blood-root.
4. Chloride of zinc and blood-root.
5. Potash alone, boiled down to the consistence of a plaster.
6. Evaporate the spirituous infusion of bitter-sweet, stramonium, conium, belladonna, yellow-dock and poke, adding fresh butter to make an ointment; the poke and dock roots are used separately.
7. A celebrated Cancer powder is composed of arsenic, charcoal, and cinnebar.
8. The acetate of copper mixed with vegetable extracts is also used.
9. Or, take the yolk of an egg, with as much fine salt as it will absorb; stir it to a salve, and apply a plaster of it spread upon silk, twice a day.
10. Or, bathe the Cancer three or four times a day with a solution of brandy and salt.
11. Or, a grated carrot, boiled quite soft makes an excellent poultice for Cancers.
12. Or, take of white arsenic and brimstone in powder, each, three small tea-spoonsful; dog fennel, two or three sprigs;

ranunculus flammula, about a handful; the two last should be well pounded, all mixed in a mortar, and made into small balls the size of a nutmeg and dried in the sun. These balls are to be powdered and mixed with the yolk of an egg, and laid over the sore or Cancer upon a piece of bladder, which must be cut to the size of the sore, and smeared with the yolk of an egg. The plaster must not be moved until it drops off of itself, which will probably be in from seven to eight days. Clean bandages are often to be put on.

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### DRY COUGH AND CROUP.

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1. Take of squill root, and seneka-root, bruised, each, four ounces; tartar emetic, forty-eight grains; water, two quarts; sugar, three and a half pounds. Make a decoction of the roots and water; add the sugar to the strained liquor; simmer it down to three pints of sirup, and add the tartar emetic while warm.

It is emetic and expectorant according to the quantity.

*Dose.*—For an adult half a tea spoonful.

2. Or, an infusion of lungwort, together with horehound, elecampane, and hyssop, is considered a very valuable remedy in coughs.

*Dose.*—Half a wine glassful night and morning.

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### DROPSY.

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1. Mustard whey is used in Dropsy. This is made by boiling an ounce of bruised mustard seed in a pint of milk, and straining.

*Dose.*—A gill three times a day.

2. Or, take two ounces of the inner bark of elder, infuse it in five pints of white wine for twenty-four hours.

*Dose.*—A wine glassful every morning fasting, and another at bedtime.

3. Or, take every day, cream of tartar dissolved in water.

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### COUGHS.

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Take of horehound, Irish moss, white balsam, liverwort, boneset, licorice ball, elecampane root, and comfrey root, of each, one ounce; water, two quarts; boil to the consumption of one quart, and strain; then add one pound of loaf sugar, and boil ten minutes; when cold add one pint of Jamaica spirits. This makes an excellent sirup in pulmonary complaints.

*Dose.*—A wine glassful three times a day, an hour before eating or drinking.

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### STRANGUARY.

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1. Make a decoction of either juniper berries, wild hyssop, or hops, and drink freely.

2. Or, take for the same purpose a tea spoonful of powdered gum arabic in a tumbler half full of any mild drink.

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### FEVER AND AGUE.

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Take of black cohosh root, one ounce; gum guaiacum, one and a half ounce, pulverized; put these into a bottle containing one pint of good Madeira wine.

*Dose.*—One tea spoonful three times a day; one tea spoonful before the approach of the paroxysm of the ague. Half the quantity for a child. Continue the use of this medicine a week after the ague is broken.

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### WEAK EYES.

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A valuable eye-water for weak and sore eyes, may be made by dissolving five grains of acetate of morphia, ten grains of sugar of lead, and six grains of sulphate of zinc, in five ounces of rose-water. With this wash the eyes three times a day.

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### COLDS AND COUGHS.

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1. Take one-third salt, two-thirds vinegar, half a tea spoonful of essence of anise, and a little cayenne pepper. Mix.

*Dose.*—A tea spoonful every hour or two.

2. For a common cough a sirup may be made of equal parts of lemon juice, horehound and sugar candy.

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### ULCERS.

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1. In Ulcers of every kind, it will be advisable to administer an alterative course of medicine, and this will be more particularly necessary if the sore has been of long continuance, or is attended by a considerable discharge.

2. A poultice made of slippery elm bark and white lily, greased with a little fresh butter or lard, will be found a valuable application in Ulcers and fistulas.

3. When there is fungous flesh present, some fine blood-root, mandrake-root, or burnt alum, may be sprinkled on the fungous parts, and then a poultice should be laid over the whole.

### ERYSIPelas.

This malignant disorder, so often prevailing as an epidemic, and extending its ravages among young and old, has too frequently proved fatal, and must inevitably do so when it comes in contact with the brain, and such is very frequently the case if neglected too long. In order therefore to prevent this awful result, and effectually cure the disease, mash a sufficient quantity of raw cranberries, and apply blood warm in form of poultice to the part affected; and continue to renew this until every vestige of the disease is eradicated.

### PILEs.

Take of sweet fern and bayberry, equal parts; make a decoction and drink freely. It is an excellent medicine for the above complaint.

### CANKER.

Put some of the herb of centaury in a covered glass of cold water, permitting it to stand in the sun twenty-four hours. This is of great value in Cankers, ulcers, and sores of long duration; in scald-head also, and all impurities of the blood.

*Dose.*—A table spoonful three or four times a day.

### INDIGESTION.

Let the daily bread be made of unbolted wheat; also, make free use of the cold bath and flesh brush; and exercise much in the fresh air.

### DIARRHEA.

An infusion of sweet fern is invaluable in Diarrhea, dysentery, and bloody-flux; it is very strengthening, hence it is useful in chronic debility.

It is also used for inflammation, rheumatism, and night sweats.

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### COUGHS AND COLDS.

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Flax-seed tea sweetened with sugar is highly beneficial for Coughs, and Colds on the chest; bronchitis, and catarrhal affections. An application of flax-seed meal, prepared by way of poultice, is very valuable for inflammations.

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### BRUISES AND SWELLINGS.

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Put wormwood in a pint bottle of rum, and add a tea spoonful of salt-petre; wash the wound, bruise, or swelling with it, and bind on a cloth saturated with the same; being particular to keep it constantly moist.

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### JAUNDICE.

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1. Take an emetic to cleanse the stomach, then use a bitter to regulate the bile and restore the digestive functions.

2. The patient should take daily as much exercise as he can bear, either on horseback or in a carriage.

This course has affected a cure in very many instances.

3. A long journey often performs a permanent cure.

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### PARALYSIS OR PALSY.

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1. Take of spikenard and ginger, each, two drachms; of the seeds of sage toasted by the fire, one ounce; black pepper, one and a half ounce,—these being reduced to fine powder, put as much of the juice of sage as may make them into a mass for pills.

*Dose.*—Take a drachm's weight night and morning, fasting; drinking a little pure water after them.

2. As an external application, bruised nettle leaves are good to excite the skin.

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TAPE-WORM.

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The root of the plant male-fern, *Felix mas*, has been highly extolled for its effects upon the tænia or Tape-worm.

*Dose.*—From two to three spoonsful in powder, followed by a cathartic.

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CHRONIC DISEASES.

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Tar water, is drank with advantage in many chronic diseases, particularly of the lungs and skin.

It is made by infusing tar in water, stirring it from time to time, and, lastly pouring off the clear liquor, now impregnated with the color and virtues of the tar.

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SUB-ACUTE RHEUMATISM.

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Take of bitter-sweet bark of root, prickly-ash bark, wild-cherry bark, elecampane-root, pipsissewa tops, horse-radish roots, and mustard seed, each, half an ounce; tar, one gill; brandy, one pint; a larger quantity in the same proportion.

*Dose.*—A small wine glassful three times a day.

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INFLAMMATION OF THE KIDNEYS.

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1. Rub the lower part of the back with sweet oil, and drink freely of the infusion of balm.

2. Or, apply cloths wrung out in hot vinegar; and leeehes to the hemorrhoidal veins, as a discharge from these will afford the patient great relief.

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SCURVY.

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Eat freely of vegetables and fresh meat; also of apples, oranges, lemons, tamarinds, etc., and gargle the throat often with cayenne pepper.

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PALSY.

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1. Keep the bowels open, and encourage perspiration by the use of hot or stimulating drinks.
  2. Apply mustard poultices to the feet, and rub the part affected briskly with a flannel wet in hot drops.
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PILES.

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1. Make a constant use of warm water and molasses, with a syringe; if persistingly used it will certainly affect a cure.
  2. For an ointment, make use of sulphur, cream of tartar, and lard, simmered together.
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RING-WORM.

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1. It is said that the common mushroom catsup, rubbed upon the affected part, was never known to fail of effecting a cure.
  2. Strong tobacco juice, used as a lotion or wash, is an infallible remedy.
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QUINSY.

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1. Make an infusion of the buds, leaves, and bark of the blackberry bush, and use as a gargle.
  2. Or, use hyssop boiled with figs.
  3. In mild cases of sore throat, a strong tea of witch-hazel leaves and golden seal, with the fourth of a tea spoonful of cayenne in each dose, will usually remove it.
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SPRAINS.

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1. Bind to the part affected wormwood saturated with hot drops.
2. Or, apply a poultice made of wheat bran, or rye bran and vinegar.

### HICCOUGHS.

1. Take thirty-five or forty drops of paregoric, and apply hops and wormwood, after having been slightly simmered in vinegar, to the stomach.
2. Or, take a long draught of cold water, or a few swallows of vinegar.

### ASTHMA.

1. Skunk cabbage root, administered in form of sirup, or dried and smoked through a clean pipe, will afford relief.
3. Or, the tincture of lobelia, or ipecacuanha, may be given at intervals, till it produces slight nausea without vomiting.
3. Small doses of sirup of squill is a very simple remedy.
4. It is said, that to burn in a lodging room on retiring, a piece of brown paper, about a quarter of a yard square, which has been saturated in strong salt-petre water, will afford great relief in Asthma.

### PALPITATION OF THE HEART.

1. Take from eight to sixteen drops daily of the tincture of stramonium.
2. Or, take tincture of gum guaiacum.

*Dose.*—A tea spoonful twice a day in a little milk.

### MEASLES.

This is a contagious disease, usually prevailing in the winter. The principal object we should have in view, is to keep the eruption upon the surface of the body. Let the patient drink freely of boneset, or saffron tea, which are both valuable. Let these be his only drinks, taking care to be well covered with a blanket or comforter so as to produce copious perspiration. Mustard plasters applied to the feet are very serviceable. Let the bowels be kept gently open with rhubarb.

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LOCK-JAW.

1. When Lock-jaw is apprehended from any wound or scratch, cut the rind from pickled or salt pork, and bind it to the affected part.

2. Or, apply a soft salve, made of pulverized chalk, mixed with strong soft soap.

3. Or, bathe the part freely with either lye, or saleratus water.

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LIVER COMPLAINT.

1. Take a strong infusion of Virginia snake-root three times a day.

2. Or, make free use of composition powder, and wear a plaster on the side constantly.

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PILES.

1. A decoction of the roots and leaves of mullien, both taken as a beverage and used as clysters, is considered to be very useful for the Piles.

2. An ointment made of the bruised leaves in lard is also a good external application.

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PLEURISY.

1. Make a drink of the herb called heart's-ease, or mallows, and also at the same time make use of an external application of hops.

For this purpose they may be put into a bag, thoroughly saturated with hot vinegar, and applied to the painful part as hot as can be borne. This course will remove acute pains in any part of the body.

2. Or, take a tea spoonful of pleurisy-root in powder, or half a tea cupful of the decoction several times a day. This is usually considered curative.

### HEMORRHAGE OF THE LUNGS.

1. Boil one ounce of dried yellow-dock root in a pint of milk. Drink a tea cupful three times a day.
2. Or, eat freely of raw table salt.
3. Or, take a tea spoonful three or four times a day of equal parts of rosin and powdered loaf sugar.

### LOSS OF APPETITE.

1. A tonic bitter is made as follows: One part tansy, one part wormwood, six parts bayberry root; boil out the strength, and sweeten to the taste.

*Dose.*—Half a wine glassful three or four times a day.

2. Or, steep two ounces of thoroughwort, one ounce quassia, in one quart of water; when cool, strain, and add half a pint of good port wine.

*Dose.*—Half a wine glassful three times a day, half an hour before each meal.

### BLEEDING AT THE NOSE.

1. Pour cold water upon the back of the neck, and put a ball of rag up the nostril, dipped in equal parts of white of egg, sugar, and burnt alum.

2. Or, soak the feet in warm water; put lint up the nose, wet with hot drops; and keep the temples wet with cold water.

### RHEUMATISM.

Put one swamp or meadow cabbage root into a quart of boiling water; boil it away to a pint; when cold, add a pint of rum and a little salt-petre; always shake before applying, and rub it well on the parts affected. Some of the clear infusion of the root will be found very useful, if taken internally just before making use of the external application.

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COUGHS AND COLDS.

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Black or wild cherries, or the bark, put into a bottle, or tight vessel, filled with any kind of spirituous liquor, is invaluable for colds, coughs, hoarseness, and shortness of breath, asthmatic affections, dyspepsia, diarrhea, dysentery, cholera-morbus, etc.

*Dose.*—A table spoonful five or six times a day.

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ASTHMA.

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1. A sirup or conserve of the flowers of woodbine has been found by experience to be very beneficial in Asthma; also the fresh roots of elecampane made into a sirup.

2. Or, the powder of the dried roots mixed with honey, has also been employed for the same purpose.

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WEAK NERVES.

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Drink freely of scullcap tea, and take exercise by riding, as often as circumstances will permit.

These are considered the very safest and best of remedies.

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SCROFULA.

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1. A mixture of brandy and salt, equal parts, applied externally, is of utility; take also four table spoonfuls of the same during the day.

2. Or, bathe daily in sea-water, and drink small quantities of the same.

3. Or, bathe the swellings with a strong decoction of hemlock.

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SICKNESS AT THE STOMACH.

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Drink an infusion of peppermint; or, of peach leaves and spearmint.

### BURNS AND SCALDS.

1. The juice of onions is considered to be good for scalds and burns, by fire or gunpowder.
2. An application of the ointment of white-lily root is said to answer a similar purpose.
3. Apply cotton wool to the part, saturated in sweet oil.
4. Or, bathe the burn frequently with strong green tea.
5. An ointment of lard and soot is excellent for burns.  
Keep the bowels open.

### SORE THROAT.

1. Chew white pond-lily root; or, gargle with an infusion of the same.
2. Or, gargle the throat with a mixture made of two tea spoonsful of fine salt, one of cayenne pepper, and a cup of water.
3. Or, inhale through a tunnel the steam of hot vinegar, in which sage leaves have been steeped.

### TOOTH-ACHE.

1. Take of alum, powdered, two drachms; nitrous spirits of ether, seven drachms; mix, and apply a little to the tooth. This is said to be a certain cure.
2. The oil of cinnamon is a powerful stimulant, a little of which may be put on lint, and applied to hollow teeth to cure the Tooth-ache.

### CROUP.

1. Take goose grease, rubbing the throat with it at the same time till it produces vomiting.
2. Or, cut raw onions into thin slices; between and over them put brown sugar, and let it dissolve. A tea spoonful of this sirup will produce immediate relief.

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TUMORS.

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Apply a poultice made of corn meal and slippery elm, equal parts, with a little salt added ; mix with weak lye.

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WARTS.

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Wash the wart with milk-weed ; or, apply caustic to the same.

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CUTS AND WOUNDS.

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Apply tobacco saturated in whisky to the injured part; keep it wet, and a cure may be speedily expected.

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ULCERS.

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Apply a poultice made of cracker, wet with New England rum. This has proved one of the most effectual applications which has come within our range of use, for old, indolent ulcers, or putrid sores.

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CHICKEN-POX.

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Keep the patient cool, and administer a dose of salts. Let him remain in bed. After the salts have performed an operation, a little saffron tea may be advantageously given. These will be sufficient to remove the symptoms.

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MUMPS.

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This disease is considered to be contagious; it seldom attacks adults, but is principally found in children. It is not confined to any particular season of the year. A dose of cream of tartar, or epsom salts, and warm fomentations to the parts, together with quietude and confinement to the house, are sufficient to perfect a cure.

### WEAK STOMACH.

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Put a good handful of wormwood in a quart pitcher of cold water, and let it remain; cover it, and stand it away in a cool place.

*Dose.*—Take two or three swallows, three times a day, upon an empty stomach.

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### FEVERS.

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Take half an ounce of gum camphor; pour upon it a pint of boiling water. Stir it. When cold, take a table spoonful every two hours, on the day when a cathartic is not given.

Bind also each night the half of a raw onion upon the sole of each foot.

This course will have a great tendency to check the fever, as well as to aid the other medicines given.

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### INTERNAL WOUNDS OR INJURIES.

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For internal injuries resulting from blows or falls, mix of spermaceti and molasses, equal parts, and take a tea spoonful three or four times a day, as hot as can be conveniently swallowed.

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### DROPSY.

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Lemons are recommended for Dropsy in a Russian medical journal, and are said to be beneficial in the most hopeless cases. The first day one lemon was given, after taking the peel off and cutting it into small pieces, in sugar; the two following days three were given, and afterwards eighteen every day. For nourishment meat was given. In every case the water came off the seventh day.

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CONSUMPTION.

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1. In this complaint, medicine will not always produce the desired effect. Make free use of the warm bath and the flesh brush.

2. Take a small quantity of the expressed juice of hoarhound, (the herb,) and mix it with a half pint of new milk; drink it warm every morning;—if persistingly used, it will prove a highly valuable remedy in the above complaint.

3. Or, let the patient take as much exercise as he can bear, both by walking and riding, and be temperate and regular in all his habits.

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COLDS AND COUGHS.

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1. Pour a gill of molasses over a hot boiled turnip, permitting it to stand fifteen minutes, then turn off the sirup and squeeze the turnip.

To be taken warm on going to bed.

2. Or, drink freely of life-everlasting tea;—it is excellent.

3. Or, take of molasses, four ounces; honey, five ounces; vinegar, seven ounces. Mix, and simmer over the fire fifteen minutes; then add wine of ipecac., two drachms.

*Dose.*—A tea spoonful every hour.

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COSTIVENESS.

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1. Make use of coarse wheat and rye, or rye and corn meal bread.

2. Or, golden-seal infused in wine, and taken as a bitter.

3. Or, take a little rhubarb every day.

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CANKER.

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1. Make an infusion of the leaves of raspberry, or the low, blackberry bush.

2. Or, burnt alum held in the mouth is very good.

### WHOOPING COUGH.

1. Take frequently slight emetics of tincture of lobelia, or wine of ipecac. Keep the bowels open.
2. Or, put a tea spoonful of castor oil to a table spoonful of molasses.

*Dose.*—A tea spoonful whenever the cough is annoying.

### CRAMPS IN THE STOMACH.

1. Take freely of composition powder, or hot drops.
2. If the pain is severe, give sixty drops of paregoric.
3. Or, a tea spoonful of essence of peppermint.
4. Or, a half gill of raw brandy, with ten drops of landanum.

### CHOLERA MORBUS.

1. Apply a flannel cloth, wrung out in hot water or spirits, over the whole surface of the stomach. Give freely the composition powder and hot drops, so as to produce a copious sweat.
2. If the pain is very severe, make use of any of the remedies prescribed for cramps.

### CORNS.

1. Take equal parts of roasted onion and soft soap; beat well, and apply the mixture hot on retiring to bed.
2. Or, dissolve half an ounce of caustic potash in one ounce of water, and wet the corn every night.
3. Or, bind the half of a raw cranberry on every night.
4. Or, wet a piece of licorice ball and rub the Corns with it every night.
5. Or, apply a plaster of white turpentine to the corn, permitting it to remain till it falls off. Repeat this three times.

## DRINKS FOR THE SICK.

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1. Put a lemon sliced and thinly pared into a close vessel; add a small piece of the peel, and a sufficient quantity of sugar; pour upon them a quart of boiling water, and close them tight for two hours.

2. Another may be made by cutting two large apples in thin slices, or by taking two roasted apples, and pouring upon them a quart of boiling water; strain them after they have stood three hours, and sweeten slightly.

3. Or, put a little sage tea, a little wood sorrel, and two or three sprigs of balm, into a stone jug (having first washed and dried them), peel thin a lemon, slice it, and put in with it a small piece of the peel; then pour in two quarts of boiling water, sweeten, and cover it close.

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## WORM REMEDY.

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Take of myrrh, aloes, saffron, each, one ounce; infuse the myrrh five days in half pint of rum or brandy, then add the aloes and saffron.

*Dose.*—Give a tea spoonful twice a month to children, and they will never be annoyed with Worms.

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## BILIOUS COLIC.

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1. A decoction of squam-berry is available in this complaint; when that will not produce the desired effect, take the tobacco worm from the under part of the leaf, squeeze out all, and take with molasses. This has saved life when all other medicines proved futile or of no effect.

2. Or, take of hog's lard, West India molasses, the urine of beast, and West India rum, each, one gill. Simmer well together. This compound, when taken, it is said, will seldom fail of performing an effectual cure.

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IRRITATION OF THE LUNGS.

Balsam of honey is of great service in hoarseness, and allaying Irritation of the Lungs.

It has often cured coughs which have been considered of a dangerous character.

The balsam is made after the following manner. Take of balsam of Tolu, two ounces; opium, and gum storax, each, two drachms; honey, eight ounces. Dissolve these in one quart of spirit of wine.

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DECAYED TOOTH.

Take of gum camphor, spirits of turpentine, and opium, equal parts; rub them in a mortar to a paste. Put into the cavity of the tooth. This, it is said, will cure, and prevent a defective tooth from ever aching.

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WHITE SWELLINGS.

Melt in a small iron, or earthen vessel, soap, two ounces; litharge plaster, one ounce. When nearly cold, stir in of sal ammoniac, in fine powder, one drachm; spread it upon leather, and apply to the part affected.

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FRECKLES.

Take of lemon juice, two ounces; borax powdered, half a drachm; sugar, one drachm; mix together, and let them stand in a glass bottle, for five days; then rub it on the face and hands occasionally.

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SCROFULA.

A decoction of pipsissewa is considered a very effectual medicine in Scrofula, and often proves curative when persistently taken.

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LOCK-JAW.

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Bind upon the wound, and in close contact with it, a common cent, or any piece of copper. It is said this will afford immediate relief, and effect a cure.

Tarnished copper is considered best.

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SALT RHEUM.

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1. A wash or lotion made of one pound plantain leaves, two quarts beef brine, one quart urine,—boiled one hour, is said to be a certain remedy in this complaint, provided some internal medicine is taken at the same time to purify the blood.

2. Or, take a strong decoction of swamp sassafras bark, and wash the part affected; to the remainder of the decoction, add hog's lard, simmer it over a moderate fire till the water is gone. Anoint the part affected after washing. Continue five days. Considered an infallible remedy.

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RATTLES IN CHILDREN.

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Administer to the patient blood-root, powdered.

*Dose.*—A small tea spoonful.

If the first does not remove the complaint in half an hour, repeat again three times. This has invariably proved curative.

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CANKER.

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Take of blackberry root and bark, gold-thread, and wintergreen or pipsissewa; each, one ounce. Boil out the strength, and strain; put in one pound of honey, and make a sirup by again boiling.

This is excellent for Canker in the mouth, throat, and stomach, likewise for all impurities of the blood.

*Dose.*—A table spoonful three times a day, an hour before each meal.

### HECTIC COUGH.

Take three table spoonsful of honey, three yolks of hen's eggs, and one spoonful of tar; beat well together; add one gill of wine.

*Dose.*—A tea spoonful three times a day, an hour before each meal.

### WETTING THE BED AT NIGHT.

Infuse two ounces of good red-bark in one quart of wine for twenty-four hours.

*Dose.*—A table spoonful for a child three years of age; if older a little more.

### DROPSY.

1. Take of mountain cranberry, herb and root together; make a decoction and drink.

This is highly serviceable in Dropsy, suppression of urine, and gravel complaints.

2. Or, take a table spoonful once or twice a day, of the expressed juice of red onions, in their crude or raw state, and also take a little wine occasionally to make new blood. The juice of the onion will afford relief in suppression of urine in fifteen minutes. It may be bottled in gin and kept for use. Its virtues are improved by age.

3. Or, take of elecampane root, blue-flag root, each, half a pound; soft water, two gallons; boiled down to one quart, and sweetened with a pint of molasses.

*Dose.*—Half a gill half an hour before each meal.

4. Or, a decoction of checkerberry is considered excellent in Dropsy, if persistingly used.

Make use of it as a common beverage, or drink.

5. Whortleberries, and the roots of the shrub, possesses

powerful diuretic qualities. When infused in Holland gin they are very valuable in dropsical and nephritic complaints.

6. Or, take juniper ashes, with molasses and gin.

These will carry off the water, and prove curative.

7. Or, Take one gallon of sound cider, a double handful of parsley tops and roots cut fine; a handful of horse-radish scraped or grated fine; two spoonsful of mustard seed, bruised; three ounces of juniper berries; half an ounce oxymel of squills. Put into a jug; set it near the fire, and shake frequently during twenty-four hours.

*Dose.*—For an adult half a wine glassful three times a day, half an hour before each meal.

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### TUMORS.

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Many obstinate tumors and ulcers have been cured by an application of chloride of zinc mixed with the extract of blood-root. It is principally used to kill tumors and make them fall out of their places; for which purpose it is said to have been in use for a hundred years.

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### PAINS IN THE TEETH.

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Take two poppy heads; break them, and put the seeds in a saucepan, with half a handful of chamomile flowers; add a pint of water. Boil and strain. With a soft brush wash the teeth in this decoction. A frequent application will remove all soreness.

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### EAR-ACHE.

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1. Put into the ear the heart of a roasted onion.

2. Or, mix a little sweet oil and paregoric, and put a few drops warm, into the ear, by lying the head down on the opposite side.

3. In cases of abscess, use poultices of bread and milk, or of roasted onions. Renew them till the abscess breaks.

### DEAFNESS.

Place the head upon a pillow, and put a little fine salt into the ear daily.

This has proved curative in very many cases.

### PROFUSE MENSES.

Take of lavender seeds and rosemary, each, one ounce; put them in a bottle with a pint of good brandy.

*Dose.*—Half a wine glassful three times a day.

### GOUT.

1. Keep the foot and leg lightly bandaged, cover with soft wool, saturated in sweet oil.
2. Make use of the composition and pennyroyal freely.

### HEAD-ACHE

1. If the stomach be overcharged with mucus, or bile, remove it by an emetic.
2. Or, take one or two doses of cathartic medicine.
3. Or, drink freely of boneset tea, which will prove very efficient.

### SORE EYES.

1. Wash the eyes with warm milk and water; apply the ointment of white precipitate night and morning, if very sore.
2. Or, the essence of peppermint.
3. Some persons have derived great benefit in sore eyes by a frequent application of an infusion of the flowers of poppies in rum.

## GRAVEL.

1. Take a handful of smartweed; make an infusion, and add to it one gill of Holland gin. Drink it all in ten hours. This is considered to be one of the best of remedies.
2. Make a strong decoction of china-root, and drink freely.
3. Or, make a strong decoction of the herb heart's-ease, or pansy, and drink copiously. These are considered to be certain remedies.
4. Or, drink warm gum arabic tea, or strong coffee without sugar. Keep the bowels open.
4. Lime-water is recommended, to be drank frequently.

*Dose.*—One gill.

## HEART-BURN.

1. Take a dose of composition powders.
2. Or, take a tea spoonful of carbonate of soda, dissolved in a gill of water.

## COUGHS IN CHILDREN.

Take of fresh garlic, sliced, six ounces; distilled vinegar, one pint; sugar, two pounds. Digest the garlic in vinegar four days; express; allow it to become clear, and make a syrup of the liquor. This is considered a stimulating expectorant.

*Dose.*—For a child one year old, a table spoonful four times a day; abstaining for half an hour after, from eating and drinking.

## PAINS IN FACE OR JOINTS.

Take one ounce of belladonna salve, put it in half a pint of water. With this mixture bathe frequently; wet a piece of flannel with the same and bind on the part affected.

### SPRAINS AND BRUISES.

Take of olive oil, ten ounces; oil of turpentine, four ounces; dilute sulphuric acid, three drachms. Mix. This preparation is considered to be a highly useful liniment in chronic affections of the joints, and in the removal of long-existing effects of sprains and bruises.

### NIGHT SWEATS.

1. Persons troubled with night sweats, may usually be cured by the remedial effects of cold sage tea, which should be taken copiously night and morning, abstaining from food.
2. Or, take elixir of vitriol in a little sweetened water.

*Dose.*—From twenty to thirty drops.

### CHRONIC COUGHS.

Take of gum ammoniacum, ten grains; salts of hartshorn, six grains; spermaceti, one scruple; sirup, a proper quantity to make into a thick consistence. This is administered with advantage in Chronic Coughs, and colds of long standing, asthma, and in the incipient stages of consumption.

### SCURVY.

Take of the leaves of sorrel and succory, each, ten handful; water-cresses, scurvy grass, and fir tops, of each, five ounces; coriander seeds, one ounce. When bruised, add to them of orange juice, five ounces; and common whey, three pounds. Let them stand awhile, then press out the liquor; sweeten it with a little refined sugar, and clarify for use. It will not keep long, and therefore should be made as it is needed.

*Dose.*—Drink from a quart to three pints through the day.

### RHEUMATISM.

1. One remedy for Rheumatism is, to mix four table spoonful of castor oil, three of laudanum, two of camphor, one of spirits of turpentine, one of hartshorn; put all in a bottle and shake it well, and apply frequently.

2. Or, take half an ounce of gum camphor, half an ounce of hartshorn liniment, one gill of good whisky; scrape a piece of castile soap the size of a walnut; put the whole in a bottle; shake it well and apply frequently.

3. Or, take one pint of alcohol, one ounce of gum myrrh, and one table spoonful of cayenne pepper. Mix.

*Dose.*—Take a tea spoonful of this mixture with sugar and water three times a day, half an hour before eating.

4. Or, take two ounces of blue-flag root; add a pint of Holland gin, and take a table spoonful three times a day; increase by degrees to a double dose.

### RHEUMATISM AND STIFF JOINTS.

Take one ounce of gum guaiacum, and half a pint of the best brandy. Mix in a bottle.

*Dose.*—One table spoonful every morning in half a glass of water.

### DROPSY ON THE CHEST.

Take half a pound of dried milk-weed, cut fine; pour upon it five pints of boiling water; put it over the fire and evaporate to a pint—when cold, add one quart of Holland gin, and bottle for use. Cork it tight, and let it stand twenty-four hours.

*Dose.*—Half a wine glassful every four hours. If it nauseates too much, the dose may be varied. Effect perceptible in from four to six days.

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WORM EXPELLER.

Take of the best rhubarb, in powder, half a drachm; calomel, six grains; sirup, a proper quantity to mix. This is a very suitable purge for hypochondriac persons, but its principal use is to expel Worms.

Where a more powerful cathartic is required, jalap may be used in place of rhubarb.

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## INTERMITTENT FEVERS.

Take of Peruvian bark, two ounces; orange peel and cinnamon, each, half an ounce. Let the bark be powdered, and the other ingredients bruised. Macerate the whole in a quart of wine or brandy for seven days in a close vessel; then strain off the tincture.

This is not only applicable to Intermittent Fevers, but likewise in the low, nervous, and putrid kinds, especially towards their decline.

*Dose.*—From one to four tea spoonsful every six hours. It may be administered in any suitable beverage, and occasionally acidulated with lemon, or a few drops of some suitable acid.

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## DRINKS IN FEVERS.

1. An infusion of dried blackberries, or of sage, mixed with a little lemon juice, and taken when cold is a very good drink for the patient in fever.

2. An infusion of white lily roots, or wood sorrel, with the addition of a roasted apple, drank cold, is of equal service.

3. Or, take of lemon juice, strained, one pint; refined sugar, two pounds. Dissolve and make a sirup. This is a very grateful, cooling, and acid sirup, which may be put into water, and very profitably given in febrile and bilious affections, as a beverage.

## COUGHS.

Take of the fresh roots of marsh-mallow, bruised, half a pound; refined sugar, two and a half pounds; water, two quarts. Boil down the water with the roots to half, and press. Set it by for twenty-four hours to subside; then pour off the clear liquor, add the sugar and boil down.

This is an emollient and demulcent sirup, given in hoarseness, as well as in Coughs.

*Dose.*—From a desert spoonful to two table spoonfuls.

## DYSENTERY.

1. Take a dose of castor oil, apply a mustard poultice to the bowels, and bathe the stomach and bowels frequently with hot drops.
2. Or, take one or two doses of rhubarb, and regulate the bowels by a proper diet.
3. Or, make a tea of either dried blackberries or roots.
4. Or, of the leaves and roots of mullien.
5. Or, of marsh-mallow root, and continue its use.
6. Let the diet be light and free from meats, or any thing which is improper for the stomach.

## FEVERS.

Horseradish leaves bruised, and saturated in warm vinegar, and bound to the soles of the feet, are of excellent use in Fevers.

## CHILBLAINS.

1. Make use of pig's-foot oil, which will effect an immediate cure.
2. It is said, also, that copal varnish is a very efficacious remedy.

### INFLAMMATORY RHEUMATISM.

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1. Mix olive oil and hartshorn to the consistence of cream; then add a tea spoonful of pulverized salt-petre; shake well each time before using; apply, and rub well the parts affected three or four times a day, by the fire.

2. Make use internally at the same time of an infusion of a handful of swamp cabbage or blue-flag roots, which have been previously steeped in a pint of good spirits three or four days.

*Dose.*—A table spoonful three or four times a day; half an hour before meals.

3. Or, apply a poultice of hot potatoes—renew as often as it becomes cool or hard.

Considered to be a valuable remedy.

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### NEURALGIA.

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1. "An application of the bruised leaves of horseradish for neuralgic or nervous pains in the teeth, face, or any other part of the body, has proved itself of great utility, by affording almost instantaneous relief."

2. Or, scrape the root of horseradish and bind on the part affected, which will afford relief in a short time.

3. An application of belladonna will prove equally serviceable.

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### TO STRENGTHEN THE KIDNEYS.

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Kidney beans, dried, powdered fine, and a tea spoonful taken at a time in Madeira wine, is said to strengthen the kidneys exceedingly, and prevent or remove the calculus formation, and suppression of urine; they aid digestion, and tend to expand the chest, contracted by diseases of the respiratory organs.

## PREVENTIVE AGAINST MALIGNANT FEVERS.

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Cut in two, a raw onion, place one piece under each arm next the skin, before entering the room of the patient.

The onion imbibes the virus, thereby preventing it from entering the body; throw it immediately away after leaving the room.

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## DIARRHEA.

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1. Take of the sugar from molasses, West India rum, sweet oil, each, one table spoonful; simmer well together. A valuable remedy.

2. Or, parch half a pint of rice perfectly brown; then boil it as usual, and eat it slowly,—this will restrain the disease in a few hours.

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## NAUSEA.

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Take of the infusion of mint, two tea cupsful; white sugar, two dessertspoonsful; oil of spearmint, three drops; compound tincture of cardamom, half an ounce. Mix.

This is a grateful carminative; and it is very useful in nausea or sickness at the stomach.

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## DYSPEPSIA.

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1. Take a bottle half full of wild cherries, and fill it with any good pure spirits. Use no sugar. This has cured many.

*Dose.*—Half a wine glassful three times a day.

2. Or, beef bones, burnt and reduced to powder. This is also highly recommended.

*Dose.*—A tea spoonful three times a day, mixed with molasses.

## PULMONARY COMPLAINTS.

Take of balsam of Tolu one ounce; spirit of wine, one pint. Infuse in a gentle heat until the balsam is dissolved; then strain off the tincture. This possesses all the virtues of the balsam. In coughs and other complaints of the chest and lungs, it will be found very useful.

*Dose.*—Take two tea spoonsful upon loaf sugar. Probably the best mode of use is in sirup. Take one ounce of the tincture, mix it thoroughly with two pounds of simple sirup. This makes what is usually called the balsamic sirup.

## EMBROCATION FOR HEAD-ACHE.

Take of red roses, half a pound; strong vinegar, half a gallon. Infuse in a close vessel for a number of weeks in a gentle heat; and then strain off the liquor. This is principally used as an embrocation for head-aches, etc.

## EROSIONS OF THE INTESTINES.

Take of sweet or olive oil, one pint; yellow wax half a pound; medicinal turpentine four ounces; red sanders, six drachms. Melt the wax with some of the oil over a gentle fire; then add the remaining part of the oil and turpentine; afterward mix the sanders, having been previously reduced to powder, and continue to stir them till the compound is cold. This is recommended in erosions of the intestines, hemorrhages, dysentery, internal bruises or injuries, and in some complaints of the chest. Externally it is employed for healing and cleansing wounds and ulcers.

*Dose.*—Internally, from one-third of a tea spoonful to two whole tea spoonsful.

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FELON OR WHITLOW.

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1. Soak the finger in strong, hot lye of wood ashes, frequently, for half a hour at a time.
  2. Or, make use of poultices in connection with weak lye.
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PAIN IN THE BOWELS.

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Take of starch jelly, half a pint; tincture of opium, from forty to sixty drops. Mix.

Used in cases of dysentery or violent purging, and pain in the bowels.

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PILES.

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A large handful of the common mallow, or, of either kind of mallow, to suit convenience, simmered in a pint of milk; when strained, mix with half the quantity of West India molasses, and take warm. It is an invaluable remedy for the Piles.

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CUTANEOUS DISEASES.

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The wood and resin of guaiacum are now in general medicinal use, and employed in gout and rheumatic pains, and many cutaneous diseases, either in form of tincture of the resin, or decoction of the wood.

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TO PREVENT THE HAIR FROM FALLING OFF.

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Take one pint of Bay rum; half an ounce of lac sulphur; quarter of an ounce of sugar of lead; to one quart of rain water. Wet the head every day in this mixture.

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CONSTIPATION.

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Take compound extract of colocynth, two scruples; castile soap, one ounce; water one pint.

This injection is very useful in obstinate constipation.

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FLATULENCY.

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1. Spearmint is an excellent stomachic as well as carminative.

Take of dried mint leaves, two drachms; boiling water, two tea cupsful. Infuse and strain.

*Dose.*—A wine glassful, or more.

2. Or, drink a tea made of the seeds of anise, caraway, and coriander.

3. Or, take the essence of peppermint, with a few drops of paregoric.

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INFLAMMATION.

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Cranberries in their crude or raw state, mashed and spread in form of a poultice, and applied blood warm, is excellent for burns, inflammations, or inflammatory eruptions, sore throats, or lungs, and ague in the face proceeding from decayed teeth.

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THRUSH.

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Take of borax, powdered, one drachm; honey, one ounce. Mix. A gargle or wash of this preparation is found highly serviceable in aphthous affections of the mouth and fauces, or canker in the mouth and throat; being particular to keep the bowels open with magnesia.

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INTERNAL ULCERS.

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Take of winter bark, socotrine aloes, blood-root, gum myrrh, each, one ounce; colt's-foot root, sassafras root, each two ounces; put them in a tight vessel with two quarts of spirits.

*Dose.*—Half a wine glassful twice a day, an hour before eating or drinking.

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ITCH AND CUTANEOUS ERUPTIONS.

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The following liniment is a French preparation. It is composed of sulphuret of potassium, one part; oil of poppy, ten parts; common soap, five parts.

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SPASMODIC AFFECTIONS OF THE BOWELS.

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Take of tincture of asafoetida, half ounce; tincture of opium, forty drops; gruel, half pint. Mix.

This is considered an excellent antispasmodic enema, for the above named complaint.

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CATARRH IN THE HEAD.

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Common table salt, used as a snuff several times during the day, is always attended with beneficial results, and in many instances effects a cure.

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HIVES.

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1. This exanthematous complaint, most common to small children, is called urticaria or nettle rash.

An application of either salt water, salt and vinegar, or acetate of ammonia, will usually effect a cure. It will be necessary, however, to occasionally administer a cathartic, in connection with the application.

2. The Indians drink an infusion or tea of the root of sanicle or black-snake root, which they consider to be peculiarly serviceable in this complaint, as well as in croup, sore throat, cutaneous eruptions, fevers, etc.

## OINTMENTS.

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THE usual consistence of ointments is about that of butter. Some officinal ointments receive the name of *cerates* in different pharmacopoeias.

### OINTMENT FOR ULCERS.

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Take of distilled vinegar, six ounces; prepared chalk, eight ounces; plaster of lead, three pounds; olive oil, one pint. Melt the plaster in the oil with a slow fire; then gradually add the chalk, separately mixed with the vinegar; the effervescence being finished, stir constantly until they have cooled.

This preparation is used as a dressing for indolent ulcers.

### NERVE OINTMENT.

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Take of beef's gall, one ounce; spirits of turpentine, one ounce; *neat's-foot* oil, one gill; brandy, half a pint.

Simmer till mixed, and bottle for use.

It is an excellent application for rheumatism, and perishing or contracted limbs.

### COLD CREAM OINTMENT.

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Take of rose-water, two ounces; oil of almonds, two and a half ounces; spermaceti, half an ounce; white wax, two drachms. Put the spermaceti, oil, and wax, into a vessel, then put the vessel into a kettle of water over the fire, permitting it to boil until the ingredients are melted, then add the rose-water, and stir till cold.

This is a fine, cooling, and emollient application.

### OINTMENT OF STRAMONIUM.

Take of fresh stramonium leaves, one pound; lard, three pounds; yellow wax, half a pound. Boil the leaves in lard until crisp; strain through a linen cloth; add the wax, previously melted, and stir till cold.

This is anodyne; and applied to irritable ulcers, etc.

### OINTMENT OF HEMLOCK.

Take of the fresh leaves of hemlock, and prepared hog's lard, each, two pounds. The hemlock is to be bruised in a marble mortar and mixed with the lard. They are then to be gently melted over the fire, and strained through a cloth. It is applied to cancerous, serofulous, and ill-conditioned sores.

### TOBACCO OINTMENT.

Take of fresh tobacco leaves, cut, one ounce; lard, one pound. Boil till the leaves are crisp, and strain through linen. It is applied to irritable ulcers and eruptions.

### ZINC OINTMENT.

Take of oxide of zinc, one ounce; lard, six ounces. Mix. It is a very useful application in chronic ophthalmia and relaxed ulcers.

### EMOLLIENT OINTMENT.

Take of yellow wax, half a pound; Venice turpentine, four ounces; olive oil, a pint and a half; palm oil, one pint and a half. Melt the wax in the oils, over a slow fire; then mix the turpentine, and strain the ointment.

This is used in cases of external inflammation, etc.

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OINTMENT FOR THE ITCH.

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1. Take of white hellebore root, powdered, two ounces; prepared lard, half a pound; oil of lemon, one drachm. Mix. This is considered a very good application for itch.
  2. Or, take of sulphuric acid, one drachm; prepared lard, one ounce. Mix. Used in itch and eruptive affections.
  3. Or, take of sublimed sulphur, one pound; lard, two pounds. Mix. This is one of the most effectual preparations to destroy the itch. It is also serviceable in the cure of other cutaneous eruptions.
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OINTMENT FOR GOITRE.

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Take of iodide of potassium, one drachm; iodine, half a drachm; alcohol, one drachm; lard, two ounces. Mix. It is applied by way of friction to goitre, scrofulous tumors, etc.

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TAR OINTMENT.

Take of tar and suet, each, one pound. Melt together and strain the mixture through a linen cloth. This is applicable to cases of scald-head, and many eruptive complaints; also, to some kinds of irritable sores.

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OINTMENT OF IODIDE OF LEAD.

Take of iodide of lead, one ounce; lard, eight ounces. Rub together, and mix. This ointment is employed by way of friction to chronic enlargement of the joints, and indolent, scrofulous tumors.

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OINTMENT OF GALL-NUTS.

Take of galls, powdered, two drachms; lard, two ounces; opium, powdered, half a drachm. Mix. This is an astringent anodyne ointment, applied chiefly to piles and indolent ulcers.

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CREOSOTE OINTMENT.

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Take of creosote, half a drachm ; lard, melted, one ounce. Rub them together till they are mixed. This is a stimulating ointment. It is used in scald-head or ring-worm of the scalp.

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DETERGENT OINTMENT.

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Take of ammonio-chloride of mercury, one drachm ; lard, one and a half ounce. Mix. A mild, detergent application, used in skin diseases, and to destroy lice.

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CALOMEL OINTMENT.

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Take of calomel, one drachm ; lard, one ounce. Mix. It is very valuable in skin diseases, and to heal ulcers and sores.

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PITCH OINTMENT.

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Take of pitch, yellow wax, yellow resin, each, nine ounces ; olive oil, one pound. Melt together, and strain through a linen cloth. This is useful for the same purposes as the tar ointment.

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ELDER OINTMENT.

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Take of elder flowers, prepared lard, each, two pounds. Boil the elder flowers in the lard until they become crisp ; then strain the ointment through a linen cloth. A very cooling and emollient preparation.

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LINIMENT OINTMENT.

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Take of linseed oil and lime-water, equal parts ; shake them well together, so as to form a liniment.

This will be found an excellent application for recent scalds or burns. It may be spread upon a cloth and placed upon the part affected.

## TINCTURES.

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TINCTURE is the pure alcohol, or proof spirit containing medicinal substances in solution.

### TINCTURE OF GUAIACUM,

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Take of guaiacum resin, powdered, half a pound ; alcohol, one quart. Infuse for fifteen days, and strain.

This is diaphoretic, stimulant, and antarthritic.

*Dose.*—From one to two table spoonsful.

### TINCTURE OF JALAP.

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Take of jalap root, powdered, half a pound ; dilute alcohol, one quart. Infuse for fifteen days, and strain.

This is a good cathartic.

*Dose.*—Two table spoonsful.

### TINCTURE OF HOPS.

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Take of hops, five ounces ; dilute alcohol, one quart. Infuse in the spirit for fourteen days, and strain.

This is both tonic and sedative.

*Dose.*—From one to two table spoonsful, or more.

### TINCTURE OF MYRRH.

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Take of myrrh, bruised, four ounces ; alcohol, one quart. Infuse for fifteen days, and strain.

This tincture is both applied to ulcers, and used as a gargle.

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TINCTURE OF RHUBARB.

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Take of rhubarb root, sliced, two and a half ounces; licorice root, bruised, six drachms; proof spirit, one quart. Infuse for fifteen days, with a gentle heat, and strain.

This is a mild stomachic aperient.

*Dose*.—From half an ounce, to one and a half ounce.

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TINCTURE OF SQUILL.

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Take of squill root, dried, four ounces; dilute alcohol, one quart. Macerate for fifteen days, and strain.

The virtues of the squill resides in the tincture.

*Dose*.—From ten drops to a dessert spoonful.

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APERIENT TINCTURE.

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Take of senna leaves, three and a half ounces; caraway seeds, bruised, three and a half ounces; cardamom seeds, bruised, one drachm; raisins, stoned, five ounces; proof spirit, one quart. Infuse for fifteen days, and strain.

This preparation is purgative, carminative, and aperient.

*Dose*.—From two spoonsful, to half a wine glassful.

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TINCTURE OF LOBELIA.

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This is made by putting two ounces of the herb and seed together, in a pint of common gin. Let it stand eight days, when it will be fit for use.

*Dose*.—For children, from one to two tea spoonsful. For adults, from half to a whole wine glassful; repeating the dose every fifteen or twenty minutes, till it produces emesis or vomiting. A little warm saleratus water will promote the operation of it, whenever desired.

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CATHARTIC TINCTURE.

Take of senna leaves, three ounces; jalap, powdered, one ounce; coriander, and caraway seeds, bruised, each, half an ounce; cardamom seeds, bruised, two drachms; sugar, a quarter of a pound; dilute alcohol, three pints. Infuse for fifteen days, and strain.

*Dose.*—From two spoonsful to half a wine glassful.

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TINCTURE OF VIRGINIA SNAKE-ROOT.

Take of the root, bruised, three ounces; proof spirit, one quart. Infuse for fifteen days, and strain.

This is both tonic and stimulant.

*Dose.*—From one to two table spoonsful.

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TINCTURE OF VALERIAN.

Take of valerian root, bruised, three ounces; proof spirit, one quart. Infuse for fifteen days, and strain.

This is both tonic and stimulant.

*Dose.*—From one to two table spoonsful.

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EMMENAGOQUE TINCTURE.

Take of saffron, two ounces; dilute alcohol, one quart. Infuse for fourteen days, and strain.

*Dose.*—Two tea spoonsful.

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TINCTURE OF PEPPERMINT.

Tincture or essence of peppermint may be made by dissolving two ounces of oil of peppermint in one pint of alcohol.

### STOMACHIC TINCTURE.

Take of gentian root, bruised, two ounces; orange peel, dried, one ounce; cardamom seeds, bruised, half an ounce; dilute alcohol, one quart. Infuse for fifteen days, express, and strain. This is stomachic as well as tonic.

*Dose.*—Two tea spoonfuls.

### PURGATIVE TINCTURE.

Take of aloes, powdered, three ounces; saffron, one ounce; tincture of myrrh, two pints. Macerate for fifteen days, and strain. This is a useful application to old, indolent ulcers, and is likewise an emmenagogue.

*Dose.*—From one half tea spoonful to two whole tea spoonfuls.

### ANTISPASMODIC TINCTURE.

Take of asafœtida, four ounces; alcohol, one quart. Infuse the whole for fourteen days, and strain.

This preparation is stimulant as well as antispasmodic. Very useful in hysteria.

*Dose.*—From one half tea spoonful to two whole tea spoonfuls.

### CRAMP TINCTURE.

Take of essence of peppermint, and camphorated spirits, each, four ounces; spirit of ammonia, half an ounce; cayenne pepper, one tea spoonful; ginger, two tea spoonfuls.

*Dose.*—In quantity according to the age and urgency of the complaint; a table spoonful at first, and a tea spoonful every half hour afterward, till the pain is mitigated. Dilute with a little water.

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RHEUMATIC TINCTURE.

Take of gum guaiacum and nitre, each, one ounce ; balsam of Tolu and camphor, each, two drachms ; spirits, one quart. Mix well.

*Dose.*—Half a tea spoonful in a little water three or four times a day.

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SWEET TINCTURE OF RHUBARB.

Take of licorice root, one ounce ; rhubarb, in coarse powder, two ounces ; anise seed, bruised, one ounce ; fine white sugar, two ounces ; new rum, three pints. Macerate in a warm place for eight days, then strain.

*Dose.*—For an adult, from half to a whole wine glassful.

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TINCTURE OF CANTHARIDES.

Take of Spanish flies, reduced to fine powder, two ounces ; spirit of wine, one pint. Infuse for fifteen days, and strain.

This is intended as an acrid stimulant for external use. Parts affected with palsy, or chronic rheumatism, may be frequently bathed or rubbed with it.

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STOMACHIC AND TONIC TINCTURE.

Take of cinchona bark, in coarse powder, two ounces ; orange peel, bruised, one and a half ounce ; Virginia snake-root, bruised, three drachms ; saffron, cut, red sanders wood, rasped, each, one drachm ; dilute alcohol, twenty ounces. Infuse for fifteen days, express, and strain.

This tonic is not only of service in debility of the stomach and intestines, but may likewise be taken as a preventive against intermittent fevers by persons who reside in places where the disease prevails. It will be of utility also to the

convalescent patient in recovering from fever of any kind, as it aids digestion, and assists to restore the tone and vigor of the system.

*Dose.*—From one to three tea spoonsful an hour before each meal.

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#### TINCTURE OF GINGER.

Take of ginger root, bruised, a half pound; alcohol, one quart. Infuse for fifteen days and strain.

This is a stimulating carminative.

*Dose.*—From half to a whole tea spoonful.

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#### CATHARTIC AND STOMACHIC TINCTURE.

Take of rhubarb, bruised, ten drachms; aloes, powdered, six drachms; cardomom seeds, bruised, half an ounce; dilute alcohol, one quart. Infuse for fifteen days, express, and strain.

*Dose.*—From two tea spoonsful to one ounce.

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#### TONIC TINCTURE.

Take of rhubarb, bruised, two ounces; gentian root, bruised, half an ounce; dilute alcohol, one quart. Infuse for fifteen days, express and strain.

This is likewise stomachic.

*Dose.*—From one to four tea spoonsful.

# PILLS.

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A pill is a small, round, nauseous mass, to be swallowed whole, whose disagreeable taste, or smell, renders it necessary that it should be exhibited in this form. No medicine, however, that is designed to operate quickly should be made into pills, as they often lie for a considerable time in the stomach before they are dissolved, so as to produce any perceptible action.

## ACTIVE PURGATIVE PILLS.

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Take of gamboge, powdered, one drachm; aloes, powdered, one and a half drachms; ginger, powdered, half a drachm; soap, two drachms. Mix.

*Dose.*—From ten grains to one scruple.

## CALOMEL AND OPIUM PILLS.

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Take of calomel three parts; opium, one part, confection of roses, a proper quantity. Mix, and divide into pills. Each contains about two-thirds of a grain of opium.

These pills have proved of great service in rheumatism, and various inflammatory and painful disorders, and to produce ptyalism.

## ANTISPASMODIC PILLS.

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Take of extract of hemlock, four drachms; ipecacuanha, powdered, one drachm; mucilage, sufficient to form into a mass.

These pills are not only antispasmodic, but slightly narcotic and expectorant, and much used in spasmodic coughs, etc.

*Dose.*—From two to three grains four times a day.

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EXPECTORANT PILLS.

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Take of powdered ginger root, ammoniacum, and squill-root, each, two drachms; soap, three drachms; and a proper quantity of sirup. Mix, and divide into one hundred and ten pills.

These are not only expectorant, but also diuretic, and chiefly employed in the cure of dropsy and asthma.

*Dose.*—From five grains to a scruple.

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COMPOUND CATHARTIC PILLS.

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Take of gamboge, in powder, two scruples; extract of jalap, in powder, and calomel, each, three drachms; compound extract of colocynth, in powder, half an ounce. Mix thoroughly with water, and divide into one hundred and seventy pills.

*Dose.*—From two to four pills.

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CATHARTIC PILLS.

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Take of powdered aloes and soap, each, one ounce. Beat with water into a proper mass, and divide into two hundred and thirty pills.

*Dose.*—From two to five.

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PURGATIVE PILLS.

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Take of aloes, two ounces; saffron, half an ounce; myrrh, one ounce; sirup, a sufficient quantity. Beat into a uniform mass.

These pills are stomachic, as well as laxative, and calculated for delicate females, especially where there are uterine obstructions.

*Dose.*—From ten grains to a scruple.

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MILDLY PURGATIVE PILLS.

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Take of aloes, powdered, one ounce; extract of gentian, half an ounce; oil of caraway, half a drachm; simple sirup, sufficient to form a uniform mass.

These pills are moderately purgative and stomachic.

*Dose.*—From twenty to twenty-five grains.

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LAXATIVE PILLS.

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Take of aloes, powdered, seven drachms; rhubarb, powdered, one ounce; myrrh, powdered, half an ounce; soap, one drachm; oil of peppermint, half a drachm; and a sufficient quantity of sirup. Mix together, then beat the whole into one mass, and divide into two hundred and thirty pills.

These pills, it is said, with the assistance of proper diet, will effect a cure in jaundice. They are also considered useful stomachic laxatives.

*Dose.*—From five to twenty grains.

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ASAFCETIDA PILLS.

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Take of asafoetida, aloes, and soap, each, half an ounce. Beat with water into a proper mass, and divide into one hundred and seventy pills.

Used in costive dyspepsia.

*Dose.*—From two to four pills.

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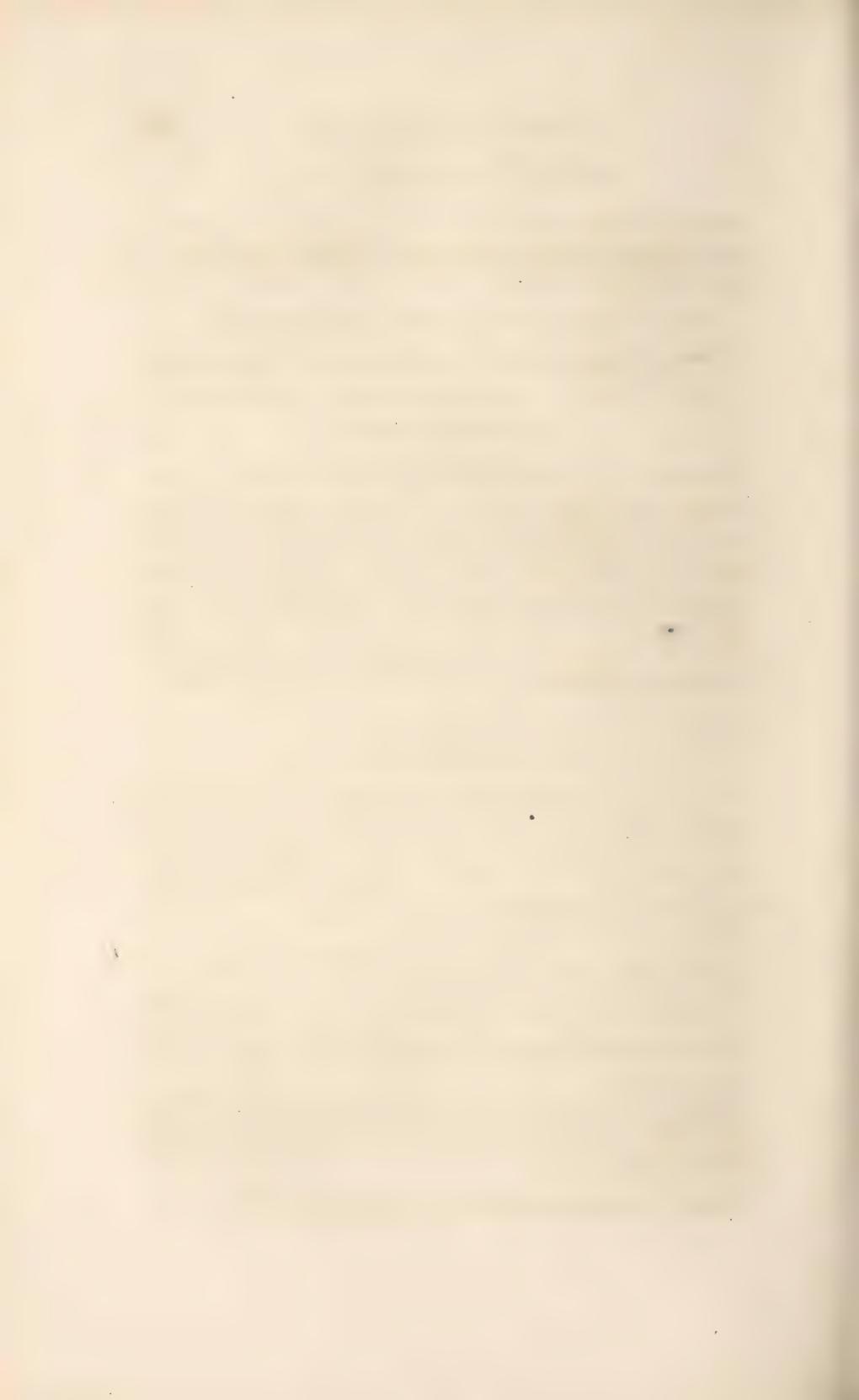
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ASAFCETIDA ANTISPASMODIC PILLS.

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Take of asafoetida, one and a half ounce; soap, half an ounce. Mix well with water, and divide into two hundred and thirty pills.

*Dose.*—From two to four.



## MISCELLANEOUS REMEDIES.

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METHOD of preparing and compounding the following medicines, and manner of applying the different preparations.

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### CORDIAL.

Take of the seeds of cardamom and caraway, powdered, each, two drachms; cochineal, powdered, one drachm; cinnamon bark, bruised, five drachms; rasins, stoned, five drachms; proof spirit, one quart. Infuse for fifteen days and strain.

*Dose.*—From a desert spoonful, to two table spoonfuls.

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### RESOLVENT.

Take of camphor, one ounce; olive oil, four ounces. Dissolve. This is a useful anodyne resolvent liniment.

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### LENITIVE CONFECTIION.

Take of the pulp of tamarinds, and French prunes, each, one pound; senna, in fine powder, half a pound; coriander seeds, also, in powder, quarter of a pound. Mix the whole together, with a sufficient quantity of simple sirup to form it into confection.

This proves an agreeable laxative, and it likewise serves as a convenient vehicle for exhibiting other more active medicine, as jalap, scammony, etc.

*Dose.*—Three tea spoonfuls during the day.

## TONICS.

1. Take of chamomile flowers, one ounce; boiling water, one pint. Infuse for fifteen minutes in a lightly covered vessel, and strain.

*Dose.*—Half a wine glassful two or three time a day.

2. Or, take of boneset or thoroughwort, bruised, one ounce; boiling water, one pint. Infuse for two hours, and strain.

*Dose.*—A wine glassful two or three times a day.

3. Or, take of wild cherry-bark, bruised, half an ounce; cold water, one pint. Infuse for fourteen hours, and strain.

This beverage is not only tonic, but slightly sedative.

4. Or, take of columba root, sliced, half an ounce; boiling water, one pint. Infuse for two hours, and strain.

*Dose.*—A wine glassful three times a day, an hour before eating, and at bed-time.



*Dose.*—From half a wine glassful to one and a half.

5. Or, a strained evaporated decoction of wormwood.

*Dose.*—From ten grains to one scruple.

6. Or, take of dogwood bark, bruised, one ounce; water, one pint. Boil for ten minutes, and strain while hot.

## CATHARTICS.

1. Take of rhubarb root, sliced, two drachms; boiling water, one pint. Infuse for three hours, and strain.

*Dose.*—From one-half to a whole wine glassful.

2. Or, take of the leaves of senna, one ounce; coriander seeds, one drachm; boiling water, one pint. Infuse for two hours, and strain.

*Dose.*—From one to two ounces

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REFRIGERANT.

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Take of tamarinds, one ounce; senna, and coriander seeds, bruised, each, one drachm; sugar, half an ounce; boiling water, half a pint. Infuse for five hours, and strain.

This preparation is refrigerant, as well as aperient.

*Dose.*—From one to two ounces.

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CATHARTIC CLYSTER.

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The common or domestic clyster, is composed of gruel, or molasses water, from one-half to a whole pint; a spoonful of salt, and a little oil.

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STIMULANT AND DIURETIC.

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Take fresh horse-radish root, sliced; mustard seeds, bruised, each, one ounce; boiling water, one pint. Infuse for ten minutes, and strain.

*Dose.*—Half a wine glassful.

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NARCOTIC.

A narcotic bitter may be made by taking half an ounce of hops; boiling water, one pint. Infuse for two hours, and strain. This is both narcotic and tonic.

The tincture of hops is both agreeable and efficacious.

*Dose.*—A wine glassful.

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PECTORAL.

Take of linseed, bruised, half an ounce; licorice root, sliced, two drachms; boiling water, one pint. Infuse for five hours, and strain.

*Dose.*—A wine glassful three times a day.

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STOMACHIC BITTERS.

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Take of orange-peel, dried, half an ounce; lemon-peel, fresh, two drachms; cloves, bruised, one drachm; boiling water, one pint. Infuse for twenty minutes, and strain.

*Dose.*—A wine glassful.

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CONFECTION IN PALSY.

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Take of confection of roses, mustard seed, powdered, each, one ounce; sirup of ginger, a sufficient quantity to make into a soft consistence.

*Dose.*—A tea spoonful four times a day.

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AROMATIC FOMENTATION.

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Take of Jamaica pepper, one ounce; wine, one pint. Boil them a very little; then strain off the liquor.

This is designed, not only as a topical application for external complaints, but likewise for relieving the internal parts. Pains of the bowels, which accompany diarrhea and dysentery, flatulent colic, unpleasant sensations at the stomach, and vomiting, are frequently relieved, by fomenting the abdomen and region of the stomach with this warm preparation.

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DIAPHORETIC CONFECTION.

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Take of sulphur and cream of tartar, each, one scruple; gum guaiacum, in powder, ten grains; sirup, a proper quantity.

Given in eruptive or cutaneous diseases, and rheumatic disorders; likewise in inflammatory quinsy.

*Dose.*—The above may be given daily.

## COMMON FOMENTATION.

Take of chamomile flowers, and the tops of wormwood, dried, each, two ounces and a half. Boil out the strength. Brandy, or spirit of wine may be added, if the circumstances of the case require, but they are not always considered necessary.

## VULNERARY BALSAM.

Take of hepatic or Barbadoes aloes, in powder, half an ounce; benzoin, powdered, three ounces; balsam of Peru, two ounces; spirit of wine, one quart. Infuse with a gentle heat six days, and strain.

This is externally applied to heal recent wounds and bruises. It is likewise internally employed to remove cough, asthma, and other pulmonary complaints. It is said to strengthen the kidneys, relieve colic, and heal internal ulcers, etc.

*Dose.*—From twenty to fifty drops.

## ASTRINGENT CONFECTION.

Take of alum, powdered, sixteen grains; gum kino, five grains; sirup, a sufficient quantity to mix.

This is given in profuse menstruation, and violent hemorrhages proceeding from relaxation.

*Dose.*—A little every five hours till the disease is arrested.

## MERCURIAL PREPARATION.

Take of confection of roses, half a drachm; calomel, six grains. Mix.

Where mercury is required, this may be taken over night, two or three times a week; should it not operate, the next day it will be necessary to give a few grains of jalap to carry it off.

## SIRUP OF SARSAPARILLA.

Take of the sliced root of sarsaparilla, one pound; boiling water, one gallon; sugar, one pound. Infuse the roots in the water, for twenty-four hours; then boil down to two quarts, and strain the liquor while hot; after which add the sugar, and evaporate to a proper consistence.

It is used chiefly as an adjunct to the decoction.

## STIMULANT LINIMENT.

Take of camphor, two and a half ounces; solution of ammonia, seven ounces; spirit of lavender, one pint. Mix the ammonia and spirit in a glass retort, and distill a pint. Dissolve the camphor in the product.

This furnishes an anodyne stimulant, in paralytic, spasmodic, and rheumatic diseases; and for bruises, sprains, etc.

## LOTION.

Take of Peruvian bark, bruised, one ounce; water, one pint. Boil for ten or fifteen minutes in a vessel slightly covered; strain the decoction while hot. Any other preparation may be mixed with it, if necessity requires.

It is considered a very excellent astringent lotion for prolapsus of the uterus or rectum.

*Dose.*—From a tea spoonful to two ounces.

## PULMONIC SIRUP.

Take six ounces of comfrey root, and twelve handfuls of plantain leaves; cut and beat them well; strain out the juice, and, with an equal weight of sugar, boil to a sirup.

This is said to be an infallible cure for coughing of blood.

### APERIENT.

Take of bruised dandelion roots, two ounces; water, one quart. Boil to a pint, and strain.

This is both aperient and laxative.

### SALVE.

The following makes an excellent salve for burns. Take of chamomile, parsley, the green of elder-bark, and wild lavender; stew them in fresh butter. Strain, and add resin, beeswax, and white diachylon, equal parts.

### HOT DROPS.

This preparation is made after the following manner. Take of gum myrrh, pulverized, four ounces; cayenne pepper, one ounce; fourth proof brandy, or alcohol, one gallon.

These drops will afford relief, when taken in cramp, colic, cholera morbus, etc.

An external application may be made of the same in the above cases, and likewise in pleurisy.

*Dose.*—A tea spoonful.

### ANTHELMINTIC WINE.

Take of rhubarb, half an ounce; worm-seed, one ounce. Bruise them, and infuse without heat in a bottle containing one quart of Port wine, for five days; then strain.

As the stomachs of persons troubled with worms are always debilitated, Port wine alone, will often prove of utility. It must, however, produce still better effects, when combined with bitter and purgative ingredients, as in the above form.

*Dose.*—A wine glassful two or three times a day.

## COMPOSITION POWDER.

Take of bayberry bark, one pound; ginger, half a pound; cloves and cayenne pepper, each, two ounces. Mix them well together.

This powder is used in heart-burn, liver complaint, cramp, colic, and cholera morbus.

*Dose.*—A tea spoonful mixed with a little warm, sweetened water.

## MUSTARD WHEY.

Take of milk and water, each, one pint; bruised mustard seed, an ounce and a half. Boil them together till the curd is perfectly separated, and strain.

This is the most agreeable, and by no means the least efficacious method of exhibiting mustard. It warms and invigorates the stomach, and promotes the different secretions. Hence, in the low state of nervous fevers, it will often supply the place of wine. It is likewise of utility in chronic rheumatism, paralysis, dropsical complaints, etc. The addition of a little sugar will render it more grateful to the taste.

*Dose.*—An ordinary-sized tea cupful four times a day.

A number of other wheys may be prepared nearly after the same manner, as orange whey, cream of tartar whey, etc.

These are cooling, pleasant drinks in fevers, and may be rendered cordial, when necessary, by the addition of wine.

## CEPHALIC SNUFF.

Take of rosemary, sage, lilies of the valley, and tops of sweet marjoram, each, one ounce, with a drachm of lavender-flowers, nutmeg, and asarabacca root; these should be powdered very fine and mixed.

This snuff will relieve the head wonderfully.

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BITTER WINE.

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Take of gentian-root, one ounce; yellow part of the rind of lemon-peel, fresh, one ounce; black pepper, two drachms. Wine, one quart. Infuse in a bottle for eight days, and strain.

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OIL OF LAVENDER.

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Though chiefly used as a perfume, this essential oil may be administered internally, as a stimulant, in nervous headache, hysteria, and debility of the stomach.

This oil possesses both stimulant and tonic properties.

*Dose.*—From one to five drops.

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OIL OF BAYBERRY.

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The oil of bayberries is sometimes rubbed on sprains and bruises, unattended with inflammation.

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ANTHELMINTIC.

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Take of scammony, calomel, and sugar, each, half a drachm. This is both a cathartic and vermifuge.

*Dose.*—From eight to sixteen grains.

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EXPECTORANT.

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1. Take of vinegar of squill, one pint; sugar, two pounds. Make a sirup.

*Dose.*—From one to two dessert spoonsful.

2. Or, take of seneka-root, bruised, four ounces; water, one pint; sugar, one pound. Make a decoction, boil to one-half, strain, and make a sirup.

This is also used in pleurisy, dropsy, rheumatism, and cutaneous affections.

*Dose.*—From one to two dessert spoonsful.

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PURGATIVE.

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Take of senna leaves, two ounces; fennel seeds, bruised, one ounce; refined sugar, one pound; boiling water, one pint. Infuse the senna leaves and fennel seeds in the water for an hour, with a gentle heat; strain the liquor, and make a sirup.

*Dose.*—For a child, a dessert spoonful; for an adult, half a wine glassful or more.

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VERMIFUGE.

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Take of pink-root, half an ounce; boiling water, one pint. Infuse for three hours, and strain.

*Dose.*—For a child three or four years old, one grain: it is usually mixed with a cathartic.

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CARMINATIVE.

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1. Take of ginger, bruised, two drachms; boiling water, half a pint. Infuse for three hours, and strain.

*Dose.*—Half a wine glassful.

2. A sirup of rue is made by adding ten drops of oil of rue to a pint of ordinary sirup. It is used by some nurses for children.

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INFLAMMATION OF THE EYES.

Take of alum, half a drachm; beat it well, to a froth, with the white of an egg. This may be spread upon a linen cloth and applied to the eyes, but should not be permitted to remain longer than three hours at one time.

It is considered useful in inflammation of the eyes, to allay heat, and restrain the flow of humors.

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ALUM WHEY.

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Boil two drachms of powdered alum in a pint of milk till it is curdled ; then strain off the whey.

This is an excellent astringent. It is found very useful in immoderate menses and diabetes, or excessive discharge of urine.

*Dose.*—A wine glassful, or more, according as the stomach will bear, three times a day. If it should occasion vomiting, it may be diluted.

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COLLYRIUM OF LEAD.

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1. Take of crude sal ammoniac and sugar of lead, each, three grains ; cold water, eight ounces. It would sometimes be advisable to add thirty drops of laudanum.

2. Or, twenty drops of extract of lead to eight ounces of water, and a tea spoonful of brandy.

3. Or, take one ounce of brandy to five ounces of water ; if the eyes are weak bathe them with it night and morning.

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CONFECTION OF ROSES.

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Take a pound of rose petals, fresh gathered ; beat them well in a mortar ; add by degrees two pounds of white sugar, in powder ; then put the preparation over a slow fire, to bake until slightly candied.

This is one of the most grateful, and beneficial compounds belonging to this class.

It is a tonic, and mild astringent ; administered in weakness of the stomach, and likewise in asthmatic coughs, spitting of blood, and ulceration of the lungs.

*Dose.*—One or two tea spoonful dissolved in warm milk.

To produce any very considerable effect, however, it must be taken often through the day.

DYSPEPTIC BITTERS.

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Take of poplar bark, peach meats, golden-seal, each, four ounces; bitter root, two ounces; boiling water, three quarts. Make a decoction. When cold, add two quarts of Holland gin.

This is excellent in dyspepsia, weakness of the stomach, etc.

*Dose.*—A wine glassful an hour before each meal.

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ALTERATIVE.

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1. Take of guaiacum raspings, three ounces; raisins, stoned, two ounces; sassafras root and licorice, each, one ounce; water, ten pints. Boil the guaiacum and raisins with the water over a gentle fire, to one half; adding toward the end, the sassafras and licorice.

This is slightly diaphoretic, and calculated to purify the blood.

*Dose.*—One or two pints, daily.

The French are said to use a similar preparation, made purgative by senna and rhubarb.

2. Or, take of sarsaparilla-root, sliced and bruised, six ounces; boiling water, six pints. Boil them to one quart, and strain.

This beverage is supposed to be very excellent to purify the blood.

*Dose.*—From one pint to one and a half pints, daily.

3. Or, take of the bruised leaves of pipsissewa or wintergreen, one ounce; water, one and a half pints. Boil to a pint, and strain.

It is excellent in scrofula, and well calculated to remove all vitiated humors from the blood.

*Dose.*—A pint daily.

### COLLYRIUM.

Take of rose-water, seven ounces; white vitriol, half a drachm. Dissolve the vitriol in the water and filter the liquor.

This, though simple, is a very efficacious wash or lotion, in watery, weak, and inflamed eyes.

### FOMENTATION.

Take of white poppy capsules, bruised, four ounces; water, two quarts. Boil for a quarter of an hour, and strain.

This preparation possesses slightly anodyne properties, and is employed as a fomentation in acute ophthalmia, painful swellings, etc.

### ASTRINGENT.

1. Take of oak bark, one ounce; water, one and a half pints. Boil down to a pint, and strain.

This astringent decoction is principally employed for external purposes.

2. For internal use, take of dried red rose petals, two ounces; boiling water, one pint; pure sugar, one and a quarter pounds. Make an infusion; strain; and, adding the sugar, boil to a sirup.

### DIARRHEA CORDIAL.

Take of rhubarb, one ounce; saleratus, one tea spoonful; pour on them a pint of boiling water. When cold, add two tea spoonfuls of essence of peppermint.

This is used both in dysentery and diarrhea.

*Dose.*—A tea spoonful every fifteen minutes, till the symptoms subside.

## STOMACH PLASTER.

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Take of resin, Burgundy pitch, and beeswax, each, one ounce; melt them together in a clean earthen dish, and then stir in one ounce of turpentine, and half an ounce of mace. Spread it on a piece of sheep-skin, grate some nutmeg over the whole plaster, and apply it quite warm to the region of the stomach, for a cough.

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## LIME-WATER.

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Pour one gallon of water, gradually, upon half a pound of good, unslack'd lime. When the ebullition ceases, stir them well together; then permit the preparation to remain till the lime has settled; after which, filter the liquor through paper, and bottle for use.

Lime-water is principally used in gravel complaints, and impurities of the blood. For these purposes, a pint may be drank daily.

Externally, it is employed as a wash in foul ulcers, in removing the itch, and other cutaneous eruptions.

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## COMPOUND LIME-WATER.

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Take of simple lime-water, three quarts; coriander seeds, three drachms; sassafras bark, half an ounce; licorice root, one ounce; shavings of guaiacum wood, half a pound. Infuse without heat for four days, and strain.

In the same manner may lime-water be impregnated with the virtues of other vegetable substances. Such impregnation not only renders the water more grateful to the taste, but also a more efficacious medicine, particularly in cutaneous diseases or impurities of the blood.

*Dose.*—A gill may be taken four times a day.

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DEMULCENT DRINKS.

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Take of dried marsh-mallow roots, four ounces; raisins stoned, two ounces; water, seven pints. Boil to five pints, and strain.

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LINIMENT.

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One of the most valuable kinds is made by mixing six ounces of spirit of wine; two ounces of camphor; and then adding two ounces of spirit of sal ammoniac, and two drachms of oil of lavender.

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VINEGAR OF SQUILL.

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Take of dried squill, two ounces; distilled vinegar, one quart. Infuse for fifteen days in a moderate degree of heat; then strain off the liquor, and add to it about one tenth part of its quantity of proof spirit.

This medicine produces excellent effects in diseases of the chest, occasioned by a large quantity of viscid mucus, or phlegm. It is also of utility in hydroptic cases, by promoting a discharge of urine.

*Dose.*—From two tea spoonfuls to a table spoonful, varied according to the intention for which it is given. When designed to produce emesis or vomiting, the dose should be large. In other cases, it must not only be exhibited in small doses, but likewise mixed with cinnamon water, or some other grateful aromatic liquor, to prevent the nausea it might otherwise occasion.

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VINEGAR ENEMA.

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Take of water gruel, five ounces; vinegar, three ounces.

This answers all purposes of the ordinary clyster, with the peculiar advantage of being very profitable either in inflammatory or putrid disorders, particularly in the latter.

## EMOLLIENT GARGLE.

1. Take an ounce and a half of marsh-mallow roots; three figs; boil them in a quart of water, till one half of it is consumed, and strain.

2. If an ounce of honey and half an ounce of spirit of sal ammoniac be added to the above, it will then be a very excellent attenuating gargle.

This is highly beneficial in fevers where the tongue and fauces are rough and parched, to soften those parts, and promote the discharge of saliva.

## DETERGENT GARGLE.

Take of the emollient gargle, one pint; tincture of myrrh, one ounce; honey, three ounces. Mix.

When exulcerations require to be cleansed, or the excretion of tough, viscid saliva promoted, this gargle will prove of utility.

## GARGLE.

Take of rose-water, seven ounces; sirup of carnation pink, half an ounce; spirit of vitriol, a sufficient quantity to render it agreeably acid. Mix.

This gargle, in addition to cleansing the tongue and fauces, acts as a mild repellent, and will sometimes remove a slight quinsy.

## EXPECTORANT MIXTURE.

Take of sirup of squill, two ounces; emulsion of gum ammoniac, seven ounces. Mix.

This is highly useful in asthma, cough, and obstructions of the chest.

*Dose.*—A table spoonful every three hours.

### INFUSION OF ROSES.

Take of red roses, dried, one ounce; boiling water, one quart; oil of vitriol, half a drachm; loaf sugar, an ounce and a half. Infuse the roses in the water for five hours in an unglazed earthen vessel, and strain; then pour in the acid, and add to it the sugar.

Given in profuse menses, vomiting of blood, and other hemorrhages. It likewise furnishes an excellent gargle.

*Dose.*—A gill every three hours.

### ANODYNE BALSAM.

Take of opium, unprepared, two drachms; white Spanish soap, one ounce; spirit of wine, eight ounces. Infuse them in a gentle heat for five days, then strain off the liquor and add two drachms of camphor.

This preparation is designed to alleviate pain. It is peculiarly serviceable in violent strains, and rheumatic complaints, when not attended with inflammation. It must be rubbed with a warm hand on the part affected, and renewed every three hours till the pain subsides.

### ATTENUATING GARGLE.

Take of honey, one ounce; nitre, one drachm; water, five ounces. Mix.

This refreshing gargle may be used either in fevers, or in inflammatory sore throat, for cleansing the tongue and fauces.

### PECTORAL DRINKS.

Take of decoction of barley, two pints; figs, sliced, two ounces; licorice root, sliced and bruised, half an ounce; raisins, stoned, two ounces; water, one pint.

Boil down to two pints, and strain.

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VOLATILE LINIMENT.

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Take of linseed oil, one ounce; spirit of hartshorn, half an ounce. Shake them well together.

A piece of flannel moistened with this, and applied to the throat, is peculiarly serviceable in quinsy, and it will often arrest the complaint if applied in the beginning. It is likewise of utility for soreness and inflammation in the flesh in other parts where the skin is not broken. For this last purpose it may be rubbed on.

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CARMINATIVE POWDER.

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Take of coriander seeds, half an ounce; ginger, one drachm; nutmegs, half a drachm; fine sugar, two drachms. Reduce them to powder. Mix, and divide into twelve doses.

This powder is employed in flatulencies arising from indigestion. It may likewise be administered in small quantities to children in their food, when troubled with griping pains.

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STARCH ENEMA.

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Take of linseed oil, half an ounce; jelly of starch, four ounces. Make the starch into a liquid over a gentle fire; then mix with it the oil. When cool enough, forty drops of laudanum may be added; in which case it will usually supply the place of an astringent injection.

In dysentery or bloody flux, this may be administered after every stool, to heal the ulcerated intestines, and to repress the acrimony of the humors.

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LAXATIVE ENEMA.

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Take of sulphate of magnesia, two ounces; dissolve in two thirds of a pint of warm gruel or broth, with an ounce of fresh butter or sweet oil.

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DECOCTION OF LOGWOOD.

Take of the chips or shavings of logwood, four ounces; water, two quarts. Boil till half is consumed, and strain; then add three ounces of simple cinnamon water.

This is profitably given in bowel complaints, where more powerful astringents would prove too harsh.

*Dose.*--A gill three times a day.

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DECOCTION OF CHALK.

Take of the purest chalk, in powder, three ounces; gum arabic, one ounce; water, two quarts. Boil to one quart, and strain. It may be sweetened with sugar as it is used, with the addition of two ounces of cinnamon water.

This is a very suitable beverage in acute diseases, attended with looseness of the bowels, and where there is acidity of the stomach, especially in children, likewise for persons troubled with heart-burn.

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EMETIC.

Take of ipecacuanha, one scruple; water, half an ounce; sirup, one drachm. Mix.

Persons who require a more powerful emetic, may add to the above a grain of tartar emetic. Those who object to the powder, may take half an ounce of the wine of ipecacuanha, in an equal quantity of the sirup of squill.

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CLYSTER.

Take of mallows, dried, one ounce; chamomile flowers, dried, half an ounce; water, one pint. Boil for a quarter of an hour, and strain.

This is useful in clysters and fomentations.

## POULTICE FOR ABSCESS.

1. Roast a cracker very brown; soak it in warm milk and a little water; after having laid it on a cloth, spread over it a little sweet oil, or fresh butter, to prevent it from sticking, and apply for ten or twelve hours.

2. Then make another by stirring pulverized slippery elm into warm water; grease and apply; change when dry.

When the abscess is broken, put on two or three poultices of slippery elm; after this, use nothing but cracker poultices.

## POULTICE FOR BOIL.

A poultice for a boil may be made by putting the meal of flax-seed, or linseed, into boiling water; when cool enough, put it on a cloth; spread over it a little fresh lard, or sweet oil, and apply.

This will cause the boil to speedily mature and break.

Dr. Thompson recommends the application of turpentine to a boil in its first, or incipient stage, and states that it will soon disperse it.

## DIURETIC.

1. Take of the fresh roots of colchicum or meadow saffron, sliced, one ounce; vinegar, one pound; refined sugar, one and a half pounds. Macerate with the vinegar two days, shaking occasionally; strain, with gentle expression; add the sugar to the liquid, and make a sirup.

*Dose.*—From one large tea spoonful, to two table spoonfuls.

2. Or, take of broom tops, juniper berries, and dandelion roots, each, half an ounce; water, one and a half pints. Boil to a pint and strain.

This is considered to be laxative as well as diuretic.

*Dose.*—From one half to a whole wine glassful.

### FAMILY RESTORATIVE.

Take of rhubarb and ginger, each, one ounce; gum aloes, half an ounce; myrrh, one drachm; cayenne pepper, one tea spoonful; spirits, one quart. Infuse for twenty-four hours, then add a tea cupful of sugar, and half pint of water.

*Dose.*—From one to three table spoonsful, half an hour before eating.

This is an excellent medicine for dyspepsia, and all derangements of the stomach, both in adults and children.

### HEALING SALVE.

Take of olive oil, beeswax, and resin, equal parts; melt and mix, stirring till cool.

This is an excellent healing salve for all ordinary sores; but if a more healing remedy is required, add to this, when nearly boiling hot, two pounds of red lead; when nearly cold, half an ounce of pulverized camphor. This should be spread thin, and renewed twice a day.

### SUDORIFIC.

Take of decoction of sarsaparilla, boiling, four pints; sassafras root, sliced, guaiacum wood shavings, and licorice root, bruised, each, one ounce; mezereon-root bark, three drachms. Boil for a quarter of an hour, and strain.

This is a gentle sudorific and alterative

*Dose.*—From one pint, to a pint and a half, daily.

### LAXATIVE.

Take of rhubarb, bruised, two ounces; boiling water, one pint; sugar, two pounds. Macerate the rhubarb in the water twenty-four hours; strain, and make a sirup.

*Dose.*—For a child one year old, from one to two tea spoonfuls.

## DEMULCENT.

1. Make a decoction by putting two ounces of quince seeds into a pint of boiling water. Boil over a gentle fire for ten minutes, then strain.

2. Or, take of valerian, half an ounce; boiling water, one pint. Infuse for two hours, and strain.

*Dose.*—Half a wine glassful.

3. Or, take of fresh slippery-elm bark, bruised, four ounces; water, two quarts. Boil to one quart, and strain.

This is very profitably used as a collyrium in chronic ophthalmia.

## ROOTS AND HERBS.

TIME OF GATHERING, AND MODE OF PRESERVING PLANTS,  
BARKS, AND ROOTS.

Plants that are designed for decoctions or teas, should be gathered while in flower, or shortly after, on a clear, dry day, after the morning dew is off, and either spread very thin in the shade, or exposed to the sun to dry.

It is preferable, however, that they should be dried in the shade, as by it they retain their natural hue.

If they are not cut till they have gone to seed, the strength goes into the seeds. Herbs that are designed to be distilled, should be cut when the seeds are ripe or matured, at which time they yield the most oil.

In gathering leaves for medicinal use,  
Select only those which are green, and full of juice;  
Pick them carefully, and cast away such,  
As are wholly imperfect, or not very much.

Observe particularly grounds in which plants most delight to grow, and collect them in such places. Where we find plants flourishing best near the water, in those places let them

be gathered, even though we may sometimes find them growing on dry ground. After having dried them well, put them in a brown paper bag, sewing it up like a sack; press them not too hard together, and keep them in a dry place. As regards the duration of dried herbs, the exact time can not be given.

Those which are found growing in dry grounds, will keep better and longer, than others in moist or wet.

Plants which are naturally succulent or juicy, will not keep so long as others of a drier nature.

Such as are well dried will keep much longer than those which are ill dried. When dried herbs have lost their color or smell, they should never be used by the patient, as they tend rather to do injury than good.

Barks from the bodies of trees should be peeled in the latter period of their running, which is usually in July, as they are then much thicker and stronger than when they first begin to flow. These may be dried either in the shade or in the sun. The rough, outward bark or ross, should be taken off when peeled.

Barks of roots should be collected early in the spring or late in the fall, while the sap is in the root.

Roots should be collected in the spring, before the tops begin to shoot forth, or in autumn after they have decayed. Those that are large and fleshy should be cut into slices, or strips, and strung; after which they may be exposed to a moderate heat, in order to dry gradually. After the bark, roots, and herbs, are thoroughly dried, they should be kept close from the air; also when pulverized, and especially those that possess an aromatic property.

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#### DOSES OF MEDICINE.

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The general portion of medicine to be exhibited as a dose, throughout the whole work, is designed for an adult, unless

otherwise specified. There are, however, numerous circumstances which modify the dose, as sex, constitution, temperament, the effect desired, etc. On all these points, except the age, the dose must be graduated according to judgment.

The doses for children may be administered according to experience, and the following proportions may also be observed:

For the patient twenty-one years of age, a full dose may be given;

Sixteen years of age, two-thirds;

Eleven years of age, half;

Six years of age, one-third;

Three years of age, one-fourth;

One year old, one-twelfth.

### TABLES OF WEIGHTS AND MEASURES.

#### APOTHECARIES' WEIGHT.

20 grains, gr., make.....	1 scruple, scr.
3 scruples, " .....	1 drachm, dr.
8 drachms, " .....	1 ounce, oz.

#### AVORDUPOIS WEIGHT.

16 drachms, dr., make.....	1 ounce, oz.
16 ounces, " .....	1 pound, lb.

#### WINE MEASURE.

4 gills, gls., make.....	1 pint, pt.
2 pints " .....	1 quart, qt.
4 quarts " .....	1 gallon, gal.

#### DRY MEASURE.

A tea spoon contains 60 grains.

A tea spoon contains 1 drachm.

A table spoon contains 4 drachms, or half an ounce.

## WEIGHTS OF FLUIDS.

A tea spoon contains about 60 drops, or a fluid drachm.

A table spoon contains 5 fluid drachms.

A wine glass contains 2 ounces.

A tea cup contains a gill, or 4 ounces.

A pint contains 16 ounces, or a pound.

Those who wish, can purchase at the druggists a marked glass, designed expressly for measuring fluids, called a graduated glass, as spoons and other domestic utensils do not all measure the same quantity.



## APPENDIX.

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In the following pages will be found, arranged under separate headings, quite a number of articles accidentally omitted from the first part of the work, and some diseases also, properly belonging to the second. The attention, moreover, will be directed to the medical uses of *each* plant or drug, which is often most efficacious in the simplest form it can be administered. Multiplying the ingredients of a medicine, not only renders it more expensive, but also less certain, both in its dose and operation. Nor is this all. The compound when kept is apt to spoil, or acquire qualities of a different nature. When a medicine is rendered more safe, efficacious, or agreeable by the addition of another, or others, they ought, no doubt, to be combined; in all other cases, they are better to be kept disunited. The combination of medicines often embarrasses the private individual, when in the act of preparing for his own use. It is impossible to ascertain the precise effect of any one medicine, as long as it is combined with others possessing either similar or dissimilar properties. Multiplying forms of medicine for the same intention, tends also, rather to bewilder, than assist the young practitioner, and the experienced physician can never be at a loss to vary prescriptions as occasion requires. The chemical and other difficult preparations are for the most part omitted. The preparations made and sold by distillers and confectioners are also generally left out. All of them that are used by any

private practitioner are not worth preparing. He will buy them at a much cheaper rate than he can make them. Great care, however, is necessary to obtain genuine. They are often adulterated, and ought never to be purchased unless from persons of known veracity. The different medicines, their proper doses, and manner of applications, are mentioned in the different practical parts of the work, wherever they are prescribed. The quantity ordered of every medicine is as small as well could be prepared, both to prevent unnecessary expense, and that the medicine might not spoil by keeping. Nearly all medicines suffer by being kept, and should be used as soon after they have been prepared as possible. Even simple drugs are apt to spoil, and therefore should be laid aside in small quantities; they either rot, are consumed by insects, or evaporate so as to lose their peculiar taste or flavor, and hence are rendered quite useless.

The coloring ingredients are for the most part omitted. They increase the price and bulk of the medicine, without adding any thing to its value. It would be profitable if they were never used at all. Medicines are often adulterated for the sake of color. Acrid and even poisonous substances are, for this purpose, sometimes introduced into those medicines which require to be most bland and emollient. Verdigris, for instance, is often mixed with ointment of elder, to impart to it a fine green color, which entirely frustrates the intention of that mild ointment. Persons who wish to obtain genuine medicines should not select those having a preternatural color. Some regard has likewise been paid to expense. Such substances as greatly increase the price of any composition, without adding considerably to its virtue, have been generally either omitted, and others that are less expensive substituted in their place.

Medicines are by no means effectual in proportion to their price. The cheapest or most common kind are often the best; besides, they are the least apt to be adulterated, and are always most readily to be obtained.

The dose of every medicine has been mentioned whenever it appeared necessary. Where this is omitted, it is to be understood that the medicine may be used at discretion. It is not an easy task to proportion the doses of medicine exactly to the different constitutions, ages, etc., of the patients. Attempts have been made by very many individuals to ascertain the proportional doses for the different ages and constitutions of patients; but, after all that has been said on the subject, we can only add, that a great deal must be left to the judgment and skill of the person who administers the medicine.

In regard to the recipes or prescriptions which we find in the work, laid down, where it is not convenient to obtain all the articles specified, others possessing the same properties may be substituted.

A more scientific method in the arrangement of this work, would, perhaps, have been more agreeable to some persons, but less useful to the generality of readers. Much suffering might be avoided, expense saved, and good done, were persons frequently and carefully to consult a work of this character.

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#### RED Currant.—(*Ribes rubrum.*)

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(*Properties.*) — ANTISEPTIC, APERIENT, ATTENUANT, REFRIGERANT.

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*Medical Uses.*—This is the fruit of a well-known garden shrub, from which wine is often made. It is profitably used to allay thirst in most febrile complaints; to lessen an increased secretion of the bile, and to correct a putrid and scorbutic state of the fluids.

The black currant is a small kind of dried imported grape, much used in cookery. It is considered to be highly useful in sore throats, and to possess a diuretic property in a very considerable degree.

ANISE.—(*Pimpinella anisum.*)

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*Medical Uses.*—The Anise plant is a native of Egypt. The seeds have a warm and sweetish taste, and a grateful, aromatic smell. An essential oil and distilled water are prepared from them, which are administered in weakness of the stomach and diarrheas: also in flatulencies and gripes, to which children are very subject.

*Dose.*—Of the oil, from two to ten drops.

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TAMARINDS.—(*Tamarindus Indica.*)

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(*Properties.*)—ANTISEPTIC, LAXATIVE, REFRIGERANT.

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This tree grows in hot climates, and is abundant in the West India islands. The preserves, called in the shops Tamarinds, consists of the fruit. They are used as a laxative and refrigerant, especially in bilious disorders, in which they have been found very useful. They are also given in drink.

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WILD CHERRY.—(*Prunus virginiana.*)

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(*Properties.*)—ANTHELMINTIC, ANTEMETIC, ASTRINGENT, SEDATIVE, TONIC.

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*Medical Uses.*—The bark of this tree is bitter, and aromatic to the taste. Its sedative property is in consequence of the presence of an oil resembling that of bitter almonds. It is a medicine of rare merit in cases of debility of the gas-

tric mucous membrane, with nervous irritability, which so often occurs in dyspepsia. It is also administered in intermittents. In large doses it reduces the pulse. It is given by way of infusion or powder.

*Dose.*—Of powder, from one-half to a whole tea spoonful.

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### LEOPARD'S BANE.—(*Arnica*).

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(*Properties.*—DIAPHORETIC, ERRHINE, NARCOTIC, STIMULANT, TONIC.)

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*Medical Uses.*—Arnica of the pharmacopoeias, is called Leopard's bane. The plant, when dried, has a slight aromatic odor; the leaves and flowers have a weak, bitter, and aromatic flavor; the root is bitter and acrid. The leaves and flowers are narcotic, stimulant, diaphoretic, and errhine; the root is aromatic and tonic.

The leaves and flowers have been highly recommended in paralysis, amaurosis, gout, rheumatism, and other cases: in an overdose they are narcotic.

*Dose.*—In powder, from five to ten grains, two or three times a day; or an infusion may be made with one and a half drachms of the dried leaves or flowers, or one drachm of the root, to a pint of water, and given in the quantity of a wine glassful.

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### ALUM.

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(*Properties.*)—ASTRINGENT, ESCHAROTIC, STYPTIC, TONIC.

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*Medical Uses.*—Alum has a sweetish and very astringent taste. In medicine it is employed internally as an astringent,

in cases of passive hemorrhage ; in those of an active character it is less applicable.

*Dose.*—From five to twenty grains every hour or two, till the bleeding is restrained.

As an astringent tonic, Alum may be given in the dose of ten grains, in honey or sirup, or in whey, three times a day. Externally, Alum is much employed as an astringent lotion for the eyes.

From two to five grains, to an ounce of *rose-water*, forms a proper collyrium.

It is also applied as a styptic to bleeding vessels ; as a mild escharotic to fungous ulcers, and as an astringent to those with flabby granulations.

It is much employed as an ingredient in gargles, or as a wash in sore mouth and throat, relaxation of the uvula and aphthæ, and injections for leucorrhœa.

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QUININE.—(*Quinæ disulphas.*)

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*Medical Uses.*—The commercial sulphate of Quinine is prepared on a large scale in France, and imported from thence. As a medicine it possesses the febrifuge power of the cinchona bark in the highest degree, and is applicable in every instance in which the bark is exhibited, except as a stomachic bitter in dyspepsia, in which case it often proves too stimulating, and is inferior in efficacy to a decoction of the bark.

*Dose.*—The quantity is usually from one to ten grains. In cases of fever and ague, after the *primæ viæ* have been properly cleansed, three grains of the sulphate, given every three hours during the intermission, will prevent the access of the paroxysm, with a certainty that appears at times almost incredulous. It seems, also, to act as a prophylactic against intermittents, if taken occasionally.

STARCH.—(*Amylum.*)

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(Properties.)—ABSORBENT, DEMULCENT.

*Medical Uses.*—This article is manufactured from unground wheat. Starch exists abundantly in most plants, and is readily separated by pounding and washing. *Tapioca, sago, arrow-root, cassada, etc.*, are forms of impure Starch. A mucilage prepared from it is often beneficial, especially in the form of clyster, in dysentery and diarrhea. The powder is sometimes externally applied as an absorbent in erysipelas and abrasions of the skin.

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SOOT.—(*Fuligo ligni.*)

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(Properties.)—ANTISPASMODIC, ESCHAROTIC.

*Medical Uses.*—Wood soot has a pungent, nauseous, bitter taste. It is considered to be much better than burnt alum to remove fungous or proud flesh from ulcers or wounds. The tincture prepared from this substance has been recommended as a powerful antispasmodic in hysterical affections.

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VINEGAR.—(*Acetum.*)

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(Properties.)—ANTISEPTIC, FEBRIFUGE.

*Medical Uses.*—The vinegar employed for domestic purposes is obtained from an infusion of malt, from wine, or cider. Acetic acid of considerable strength may be prepared

by saturating perfectly dry charcoal with common vinegar, and distilling; the water comes over first, and, as the heat increases, it is followed by the acid. Strong acetic acid is also obtained by exposing vinegar to a freezing temperature; the water congeals, while the acid remains liquid, and may be strained off. The distilled vinegar of wood is also used in manufactures.

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### EPSOM SALT.—(*Magnesia sulphas.*)

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(*Properties.*)—CATHARTIC, DIAPHORETIC, REFRIGERANT.

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*Medical Uses.*—This is a mild purgative medicine, operating with sufficient efficacy, and in general with ease and safety, seldom occasioning any gripes, or the other inconveniences of resinous purgatives.

About an ounce may be dissolved in common water, or five or six tea spoonsful in a pint or quart of the purging mineral waters. These solutions may likewise be so managed, in small doses, as to produce evacuations from the other emunctories; if the patient be kept warm, they increase perspiration, and by moderate exercise in the cool air, increase the urinary discharge.

It is said that Epsom Salt has a peculiar effect in allaying pain, as in colic, even independent of evacuation.

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### IRISH MOSS.—(*Chondrus crispus.*)

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(*Properties.*)—DEMULCENT, PECTORAL.

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*Medical Uses.*—This plant is sometimes called *carrageen*. It is found plentifully upon rocks on the sea-coast of Ireland,

and is indigenous to the United States. It is slender, yellowish, and much curled. The decoction is gelatinous, from the pectine of the plant, and is a useful demulcent in pectoral and gastric irritations.

By steeping the plant in cold water some minutes, any unpleasant flavor is separated.

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RADISH.—(*Raphanus sativus.*)

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(*Properties.*)—DIURETIC, PECTORAL, STIMULANT.

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*Medical Uses.*—This is the ordinary or common garden kind ; and is much used as an esculent or salad. The several varieties of this plant are said to have been employed medicinally in the cure of calculous affections ; the juice, made into a sirup with honey or maple sugar, is given to relieve colds, coughs, and hoarseness.

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CUCUMBER.—(*Cucumis sativus.*)

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(*Properties.*)—APERIENT, DIURETIC, REFRIGERANT.

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*Medical Uses.*—For medicinal purposes, the Cucumber possesses aperient and cooling qualities. They are very excellent for persons who are troubled with excessive heat of the liver and stomach, yet disagree with many bilious stomachs.

The juice, used as a lotion, removes from the skin freckles, sunburn, redness, and other imperfections ; and is also beneficial for inflammation of the eyes. The seeds are excellent for suppression of urine, and are considered among the best remedies for ulcers in the bladder, used by way of a constant beverage.

HORSERADISH.—(*Cochlearia armoracia.*)

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(*Properties.*)—ANTISCORBUTIC, DIURETIC, STIMULANT, RUBEFACIENT, VERMIFUGE.

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*Medical Uses.*—Horseradish has a sharp, pungent taste, approaching to that of mustard. An infusion of the root in spirit and water is very stimulating. It is considered very effectual in scorbutic affections; promotes digestion; is a useful anthelmintic for worms in children; being taken, and also applied to the region of the bowels. The root bruised, is employed as an effective application for sciatic and rheumatic disorders—for the tumefaction or enlargement of the liver and spleen. For internal use, perhaps the distilled water taken with sugar, may be more grateful to the palate in the above cases.

“An application of the bruised leaves of Horseradish, for *neuralgic* or nervous pains in the teeth, face, or any other part of the body, have proved themselves of great utility by affording almost instantaneous relief.” A sirup prepared from the juice of the root is employed for gravel complaints and suppression of urine.

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COD-LIVER OIL.—(*Oleum jecoris aselli.*)

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(*Properties.*)—ALTERATIVE, PECTORAL.

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*Medical Uses.*—There are several varieties of this oil, but that which is most in use, is of a brown color, and has the odor of cod-liver. It contains a very small quantity of iodine and bromine, and is much employed in chronic rheumatism, bronchitis, coughs, and other pulmonary complaints; in scrofulous diseases, and obstinate swellings of the joints. It

has proved highly valuable, and is much used for curvatures of the spine or rickets in infants—a decided improvement being manifest in a short time, followed by a speedy cure. It is also said to be serviceable in skin diseases. This medicine produces no apparent action, and must be continued a long time.

*Dose.*—For infants, a tea spoonful three or four times a day; for adults, a table spoonful three times a day, gradually increased to double the quantity.

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#### CASTOR OIL.—(*Ricinus vulgaris.*)

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*Description.*—This plant is sometimes called *ricinus communis* or *palma christi*. It is a native of both the East, and West Indies, where it attains the height of from twenty to thirty-five feet, but it is now cultivated in many parts of the world, and to a considerable extent in the United States. In this country it seldom grows large, or very many feet in height.

The oil is obtained from the nuts or seeds, by expression or decoction. That obtained by decoction is preferred, as less liable to become rancid, being free from the mucilage and acrid matter which is mixed with the oil when expressed.

*Medical Uses.*—Castor oil is a medicine which has been much and successfully employed, from remote antiquity to the present time; it was used by Hippocrates and others, in his time; it is one of our most certain, prompt, and common cathartics in use, usually operating in an hour, or less time. The seeds of the plant are a drastic cathartic, but the oil expressed from them is mild, thick, of a nauseous taste, and proves a very gentle and safe cathartic. The unpleasant, nauseating taste of the medicine is partially removed by

mixing with it, (when taken,) a little brandy or other spirits. It may be usually combined with one-third part of the tincture of *senna*.

**Dose.**—Of the oil, from one to four table spoonsful.

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### WINE.—(*Vinum.*)

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(*Properties.*)—ANTIEMETIC, ANTISEPTIC, ASTRINGENT, DIAPHORETIC, STIMULANT, TONIC.

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**Medical Uses.**—The Wines employed in medicine should be ripe, of the mildest quality, and free from unnecessary acidity. Port Wine is preferred where a tonic effect is desired, but good Madeira is perhaps most worthy of confidence, from its being procured of better quality. Wine is universally admitted to be of important service, especially in fevers of the typhus kind, in which it is found to raise the pulse, support the strength, promote a diaphoresis, and improve the state of the blood; and in many cases it proves of more immediate advantage than the Peruvian bark.

Delirium, which is the consequence of excessive irritability, and a defective state of nervous energy, is often entirely removed by the free use of wine.

In malignant sore throat; in the secondary fever of small-pox, when attended with great debility; in gangrenes and typhus fevers, it is to be considered as a principal remedy; and in almost all cases of languor, and of great prostration of strength, Wine is experienced to be a more grateful and efficacious cordial than can be furnished from the whole class of aromatics and tonics. The Wines used by invalids should be old and free from acidity; but Claret, Port, Champagne, etc., are sometimes prescribed to meet certain indications as well as to act as diffusible stimulants. The wines so employed

are comprised of the following list. Burgundy; light, acid, and astringent. Champagne; sparkling and acid, acts as a rapidly diffusible stimulant, and is calculated, by the presence of free carbonic acid, to allay vomiting. Port Wine; when old and in good condition, is strong and slightly astringent. It is tonic as well as stimulant, and of great service for the invalid whose system is lax, but may sometimes disagree with a weak stomach. Madeira; very strong and slightly acid. This is procured of better quality than the others in the United States, and is well adapted to the aged, infirm, and convalescent. Rhine Wines; the hocks are light, acid Wines: they are diuretic, and very mild astringents. In cases of low fevers they are to be preferred, unless more powerful stimulants become necessary. The Clarets are light, acid, and astringent Wines. They therefore combine a tonic property with the stimulant and diuretic. They are, with the Rhine Wines, very improper in gouty cases.

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### BELLADONNA.

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(*Properties.*)—DIURETIC, NARCOTIC, SUDORIFIC.

*Medical Uses.*—The common name for this plant is *deadly nightshade*. It is a powerful narcotic. It is said to be of great utility in scirrhouous and cancerous affections; in neuroses, erysipelas, and as a preventive in scarlatina.

*Dose.*—Of the tincture, from twenty to forty drops. Of the dried leaves, in powder, a grain, gradually increased to ten or twelve grains; or an infusion may be made.

The tincture may be made after the following manner. Take of Belladonna leaves, dried, four ounces; dilute alcohol, one quart. Infuse fifteen days, express and strain. Externally applied, Belladonna has great efficacy in allaying local pain and spasm, and in neuralgic pains of the face and teeth

CALCINED MAGNESIA.—(*Magnesia usta.*)

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*Properties.*—ABSORBENT, ANTACID.

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*Medical Uses.*—This medicine is employed as an absorbent and antacid in cardialgia, spasms, convulsions, and severe griping pains in the bowels of infants; flatulencies, pyrosis, and some other diseases; rickets, scrofula, constipation, leucorrhea, crusta lactea, or milk scab, and podagra or gout in the foot.

*Dose.*—For an adult, from a scruple to a good sized tea spoonful.

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AMARANTH.—(*Amarantus hypochondriacus.*)

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(*Properties:*) — ANTISYPHILITIC, ASTRINGENT, DETERGENT, STYPTIC.

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*Description.*—The common name for this plant is *Prince's feather*. It has very elegant tufts of red flowers, and they retain their beauty a long time after having been gathered; hence it is much cultivated in gardens for ornament. Its seed is of a shining black color. It continues in flower from August until the appearance of frost.

*Medical Uses.*—The use of this plant is calculated to arrest bleeding; also, to remove from the system impurities or vitiated humors.

The pulverized flowers, taken in any convenient form, checks diarrhea, dysentery, immoderate menses, fluor albus, bleeding at the nose, and other preternatural discharges.

There is also a plant of the same name, producing white flowers, which is considered to possess remarkable antisyphilitic qualities.

**OLIVE OR SWEET OIL.—(*Oleum olivæa.*)**

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**(Properties.)—DEMULCENT, LAXATIVE.**

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**Medical Uses.**—The common Olive grows to the height of twenty-five or thirty feet, having an upright stem with numerous branches. The tree grows in warm climates, and is much cultivated in the south of Europe for its fruit, also called the Olive, from which is expressed the Olive oil. They are used also for pickles.

The oil is frequently taken successfully for worms, and pains in the bowels, colic, and costiveness; and by way of external application it alleviates burns, chafes, and swellings; likewise is considered a valuable remedy for poisoned wounds, or bites of poisonous animals or serpents. It forms an ingredient in many useful cerates and liniments.

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**MAPLE SUGAR.—(*Acer saccharinum.*)**

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**(Properties.)—APERIENT, PECTORAL.**

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**Description.**—The Sugar Maple tree is as tall as the oak, and from two to three feet in diameter; puts forth a white blossom in the spring, before any appearance of leaves; its ashes afford a large quantity of valuable potash. It is found quite abundantly in the space between forty-one and forty-six degrees north latitude. From four to five pounds of sugar are afforded by the sap of one tree. It is tapped in March. In the process of boiling, the sugar is separated from the sap. When refined it is of a very fine quality.

**Medical Uses.**—The juice which is extracted from the Sugar Maple tree is strengthening to the lungs, and useful

in pulmonary complaints. A sirup made from the juice, by boiling to a proper consistence, will be found very available in obstructions of the liver and spleen, and to ease pains in the sides resulting from these disorders.

A combination of *marsh mallow* roots, flowers of *colt's-foot*, and Maple sirup or sugar, furnishes an excellent sirup in coughs.

A free use of the sirup of Maple has been considered of utility in impurities of the blood, or a corrupt and vitiated state of the humors.

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#### YEAST.—(*Fermentum.*)

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#### (*Properties.*)—ANTISEPTIC, TONIC.

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*Medical Uses.*—Brewer's Yeast, or that which rises on beer while fermenting, has the property of exciting that process in various other substances. Medicinally it is antiputrescent and tonic, and has been found useful internally in the cure of putrid and typhoid fever, and malignant ulcerous sore throat.

*Dose.*—A spoonful every hour.

Should it prove laxative, or gripe, the dose must be diminished. Externally, it is used as a cataplasm, mixed with charcoal or cracker, to prevent gangrene or mortification.

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#### ASAFCETIDA.—(*Ferula asafætida.*)

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#### (*Properties.*) — ANTHELMINTIC, ANTISPASMODIC, EMMENOGOGUE, STIMULANT.

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*Medical Uses.*—This plant is a native of Persia. That is accounted best, which is clear, of a pale reddish color, and

variegated with a large number of white tears. It yields all its virtues to alcohol. It is employed, and considered one of the most valuable remedies in hysteria, hypochondriasis, flatulent colics, and nervous diseases. Where we wish it to act without delay as an antispasmodic, it should be used in a fluid form, as that of tincture. When in the form of enema, one or two drachms of the solid are to be diffused in eight ounces of warm milk or water. It is sometimes applied externally in the form of plaster as a stimulant and discutient.

*Dose.*—Of tincture, from one-half to two tea spoonsful. Of powder, from five grains to one scruple.

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PINK ROOT.—(WILD.)—(*Spigelia marilandica.*)

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(Properties.)—ANTHELMINTIC, CATHARTIC, NARCOTIC.

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*Description.*—This plant is also called *Carolina pink*, *perennial worm-grass*, or *Indian pink*. It rises with slender, simple stems, fifteen or eighteen inches in height, furnished at stated spaces with entire, opposite, ovate, acuminate leaves, even on the edges, of a lucid green on the upper surface, paler, and with somewhat prominent veins on the under surface. Flowers arranged at the summit of the stems, in a corymb or cluster—crimson colored on the outer side, long, hollow, somewhat inflated at the middle, dwindling down to the base, and parted at the border into five narrow, acute segments, the inner sides of which are of a light greenish yellow.

Calyx deeply cleft into five slender, acuminate or subulate segments. The root is small, containing numerous fibers of a brownish color. It is mostly found in the Southern and Western States. It delights in low, moist grounds, and flowers in June.

*Medical Uses.*—The whole of this plant, but usually the root, is employed as a vermifuge. Some physicians recommend it in continued and remitting low worm-fevers. It is slightly narcotic.

*Dose.*—Of the powder, to be given to adults for worms, three tea spoonsful; for children four years of age, from one-half to a whole tea spoonful.

It should be mixed with calomel or some suitable purgative medicine. An overdose often produces stupor, headache, and delirium.

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#### CABBAGE.—(*Brassica.*)

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(*Properties.*)—ANTISCORBUTIC, APERIENT, PECTORAL, REFRIGERANT.

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*Medical Uses.*—This garden plant having large and fleshy leaves, is very extensively used as an esculent, and in the form of medicine it is beneficial to persons of a consumptive tendency. A decoction of the flowers taken with honey or maple sugar, relieves hoarseness, and restores loss of voice. The pulp of the midrib of the leaves, boiled in the milk of almonds, and made into a due consistence with honey, is a very profitable medicine for patients who are pursy and afflicted with shortness of breath, and for dyspnea or asthmatic subjects.

An infusion of Cabbage leaves used as a wash, and, at the same time, some of the fresh leaves, bruised and employed as a warm external application, is a mode of treatment calculated to allay pains and swellings of the gout, and to afford relief in cases of pleurisy. The infusion, used as a lotion, is of service in scabious eruptions and corrupt cutaneous sores. The expressed juice is of a cooling nature; boiled with honey,

and used by way of drops, it is said to be good for dimness of sight and ulcerations of the eyes.

Cabbages in general, when eaten as food, are somewhat hard of digestion, and are apt to produce flatulency in weak stomachs.

The pickles of cabbage are considered as antiscorbutic, from the vinegar and spices they contain.

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### COFFEE.—(*Coffea arabica.*)

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(*Properties.*)—ANTISOPORIC, ASTRINGENT, NERVINE, STIMULANT, TONIC.

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*Medical Uses.*—The seeds of this tree furnishes one of our most common drinks. The beverage is stimulating, and when habitually taken too strong, it produces ill effects, in impairing the digestion, and inducing nervous irritability. Possessing nervine and astringent qualities, it may be drank with advantage at all times, except when there is a redundancy of bile. It is said to be a partial antidote against an overdose of opium, and to relieve obstinate spasmodic asthmas. Coffee, to those unaccustomed to its use, is often binding or astringent, but to those in good health, rather stimulating, inducing a natural evacuation.

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### BITTER APPLE.—(*Cucumis colocynthis.*)

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(*Properties.*)—CATHARTIC, FEBRIFUGE, TONIC.

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*Medical Uses.*—This is also called *bitter gourd* or *bitter cucumber*. It is an annual vine, a native of Syria and Africa.

The fruit is a round pepo, the size of a small orange, yellow, and smooth on the outside when ripe; trilocular, each cell containing many ovate, compressed, whitish seeds, enveloped by a white, spongy pulp, which is inodorous, extremely bitter, and nauseous. Ether, alcohol, and water, extract its virtues. It is a drastic purgative, producing violent griping, and is mostly given in the form of an extract, combined with aloes and other drugs. It has been found useful in intermittents or fever and ague.

*Dose.*—From two to five grains.

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#### LARKSPUR.—(*Delphinium consolida.*)

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*Medical Uses.*—The root and seeds of this pretty garden plant are acrid and bitter, acting as a purgative and emetic in large doses.

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#### PERSIMMON.—(*Diospyros virginiana.*)

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*Medical Uses.*—The unripe fruit, which is very astringent, has been used in simple diarrhea, by way of infusion. The bark is astringent and bitter.

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#### LINSEED.—(*Linum usitatissimum.*)

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(*Properties.*)—EMOLlient, PURGATIVE.

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*Medical Uses.*—Linseed is the common flax, usually called *flax-seed*, the seeds of which have an unctuous, mucilaginous,

sweetish taste. On expression, they yield a large quantity of oil; boiled in water, they yield a large proportion of strong mucilage, which is employed as a demulcent in cough, hoarseness, and pleuritic symptoms, and is likewise recommended in nephritic pains and strangury. The meal of the seeds is also much used externally, in emollient and maturing cataplasms. The oil is demulcent or emollient, and it is frequently administered in the form of clyster in colics and obstipation. Cold drawn Linseed oil, with lime-water and extract of lead, forms, in many instances, an excellent application for burns and scalds.

**Dose.**—Of the oil, for internal use, from half to a whole ounce. The tea may be taken freely, without any particular regard to quantity, which will produce better effect, when sweetened with honey.

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#### STAR GRASS.—(*Aletris farinosa.*)

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**Medical Uses.**—This plant, called likewise *star-root* or *mealy star-root*, is a very common plant in the United States; it is a strong bitter, yet is one of our best and most simple tonics and stomachatics. The root is the part employed in medicine, being of utility in cases of colic, fever, rheumatism, and debility.

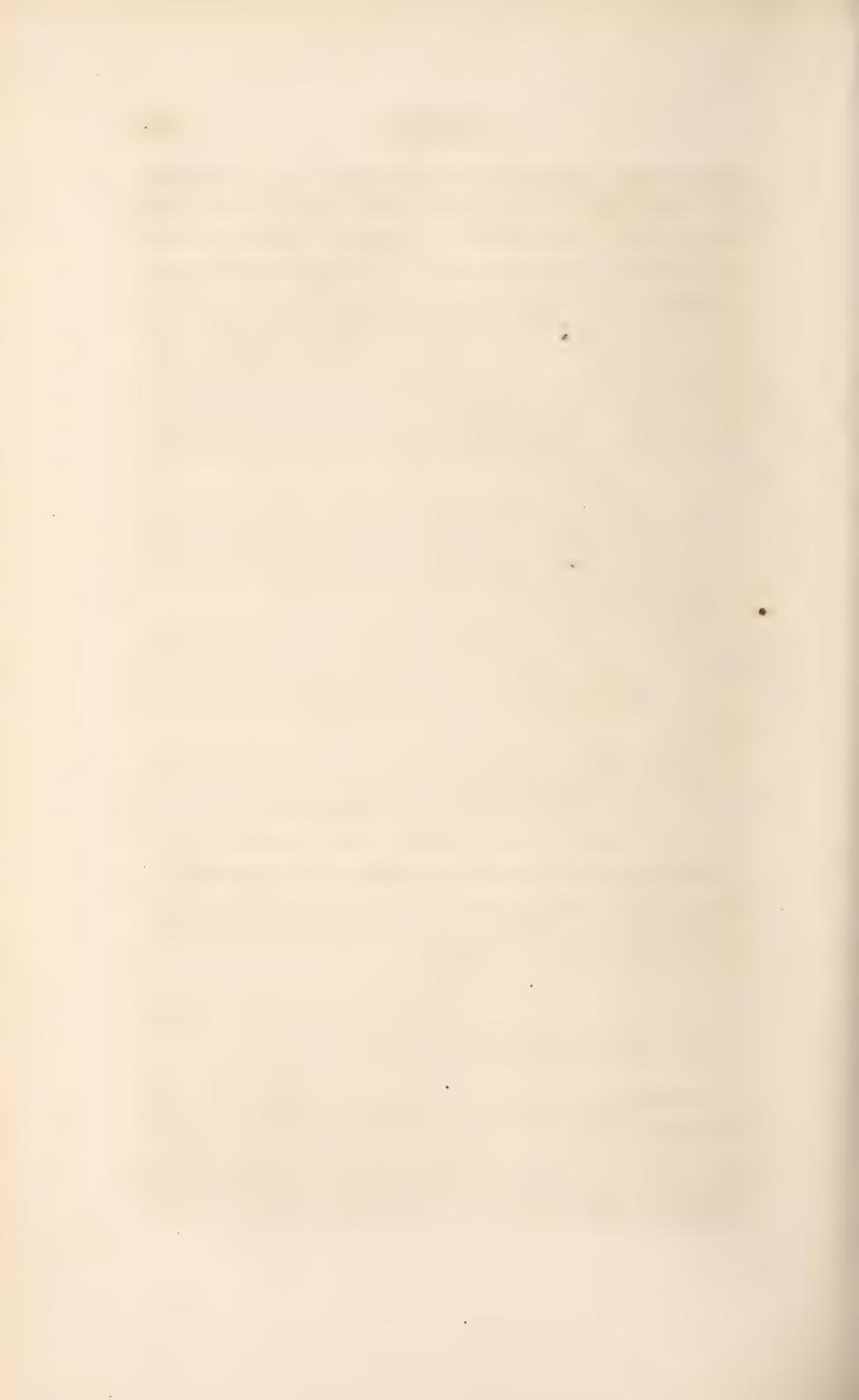
**Dose.**—Of the tincture from fifteen to thirty drops; of the powder, from six to twelve grains.

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#### RHUBARB.—(*Rheum.*)

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**Medical Uses.**—There are several species of this plant, but the Turkey Rhubarb is considered the best. The root is the part used for medicinal purposes; it is much employed as a moderate cathartic. It is a medicine well calculated to arrest dysentery, cholera morbus, and cholera infantum.



## DISEASES.

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### ULCERS AND PIMPLES ON THE TONGUE.

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Small pimples are very often found on the tongue, which at last form ulcers. Sometimes they are occasioned by the rough, uneven edge of a broken or decayed tooth: when this is the case, the parts must be smoothed by a file, or the tooth extracted; the sore then will heal without further trouble. Greyish or whitish appearing specks, which seem inclined to spread, are also found on the inside of the lips and cheeks. They are easily removed by touching their surfaces with burnt alum.

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### NETTLE RASH.—(*Urticaria.*)

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*Symptoms.*—An eruption similar to that caused by the stinging of nettles, whence its name. On rubbing the skin which itches, the eruption will suddenly appear, remain for a moment, then vanish, breaking out in some other spot. The parts affected are swelled, at one time presenting the appearance of welts, as from the stroke of a whip-lash, and at another that of white, solid bumps.

*Treatment.*—A few doses of Epsom salts, and a little attention to the diet, which should be mild, are usually sufficient to remove it. If it proceeds from eating poisonous fish, or any unwholesome food, administer an emetic, etc., as directed in such cases.

### MERCURIAL ULCERS IN THE MOUTH.

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Large, dark looking ulcers in the mouth, are a common effect of the abuse of mercury. They may be known by the highly offensive smell of the breath, by the teeth being loosened from the gums, and by a coppery taste in the mouth.

*Treatment.*—Omit all mercurial preparations; wash the mouth frequently with sage tea, or vinegar and water; drink freely of sarsaparilla tea, and keep the bowels open with sulphur.

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### PUTRID SORE THROAT.

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*Symptoms.*—This malignant disease commences with shivering, followed by heat and languor; all the indications of typhus are present; on the second day a difficulty of swallowing is experienced; a quick, weak, and irregular pulse; scarlet patches break out about the lips, and the inside of the mouth and throat is of a fiery red color. About the third day, blotches of a dark red color make their appearance on the face and neck, which soon extends over the whole body. Upon examining the throat, a number of specks, of a greyish or brown color, are observed on the palate, uvula, tonsils, etc.; a brown fur covers the tongue; the lips are covered with small vesicles or bladders, which burst and emit a thin, acrid matter, that produces ulceration wherever it touches. In bad cases the inside of the mouth and throat becomes black, and are covered with foul, spreading ulcers.

It is distinguished from scarlet fever by the fever being typhus and not inflammatory, by the sore throat, dark tongue, and putrid symptoms; and from measles, by the absence of cough, sneezing, watering of the eyes, etc.

*Treatment.*—Bleeding in this case is absolutely forbidden. The same may be said of active or strong purgatives. The bowels, however, should be kept open by mild laxatives or clysters. If towards the close of the complaint there is any obstruction, a few grains of calomel and rhubarb may be given. Cold water dashed over the body is one of the most powerful remedies we can employ; it should never be omitted; and as soon as the patient is dried and in bed, half a pint of strong mulled wine should be given to him. This practice, boldly followed, frequently puts an end to the disease.

Emetics are of great utility in the beginning of the disease, but the great and evident indication is to prevent and counteract the disposition to putrescence, and to support the strength. For this purpose the cold infusion of bark, or bark in substance, with ten or twelve drops of muriatic acid, and seven or eight drops of laudanum, should be administered frequently, and in large doses.

A mixture of one-third salt, and two-thirds vinegar, made strong with cayenne pepper, is invaluable, and often arrests the disease in the beginning.

*Dose.*—Half a tea spoonful every fifteen minutes. Gargle the throat often with vinegar and water, to cleanse it. Any looseness should be checked by powerful astringents.

The diet should consist of arrow root, jelly, panada, tapioca, and gruel, and the drink of wine whey, wine and water, etc., increasing the quantity of the wine according to the weakness and age of the patient. The greatest cleanliness is to be observed in the chamber. As the disease is undoubtedly contagious, those who are compelled to be in the room, should take frequently a spoonful of the mixture by way of prevention.

## CONCLUSION.

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IN bringing the labors of this volume to a close, it may not be improper to express a hope that a work which has commanded the mind and time of the author for a long period, will not be laid by with the casual perusal usually given to ordinary books; but that it will become a work of daily reference and daily examination, even when there is no sickness in the family to make its pages of special interest to the reader.

A careful *study* of any of the multitude of subjects here treated upon, will add to the store of knowledge in possession of the reader, ideas that may be of very great value in the time of need. The sufferings of a fellow-being may be assuaged, and even the life of a beloved friend or a bosom companion may be saved by the timely application of knowledge obtained from such study. Certainly many anxieties and false alarms may be avoided by a thorough knowledge of the contents of this work; and if it does no more than that, no small amount of good will be the result.

That every person, and more especially every *mother* in the land, may become competent to properly and intelligently discharge the duties of a nurse, and if necessary, in ordinary cases, that of physician also, is the earnest desire of the author of this book; and if it contributes to that end, the labor that has been bestowed upon it will be amply repaid.

## SYNONYMS.

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	PAGE.
<i>Acetum</i> .....	399
<i>Acer saccharinum</i> .....	Maple sugar.....
<i>Achillea millefolium</i> .....	Yarrow.....
<i>Adiantum pedatum</i> .....	Maidenhair.....
<i>Agrimonia eupatoria</i> .....	Agrimony.....
<i>Allium cepa</i> .....	Onion.....
<i>Allium sativum</i> .....	Garlic.....
<i>Althaea officinalis</i> .....	Marshmallow.....
<i>Amarantus hypochondriacus</i> ....	Amaranth.....
<i>Amygdalus persica</i> .....	Peach.....
<i>Amylum</i> .....	Starch.....
<i>Anagallis arvensis</i> .....	Pimpernel.....
<i>Anemone pratensis</i> .....	Pasque Flower.....
<i>Anethum graveolens</i> .....	Dill.....
<i>Anethum fœniculum</i> .....	Fennel.....
<i>Anthemis nobilis</i> .....	Chamomile.....
<i>Anthemis pyrethrum</i> .....	Pellitory of Spain.....
<i>Anthemis cotula</i> .....	May-weed, wild chamomile.
<i>Antirrhinum linaria</i> .....	Toad-flax .....
<i>Apium petroselinum</i> .....	Parsley .....
<i>Apocynum androsæmifolium</i> ....	Bitter-root .....
<i>Aralia hispida</i> .....	Dwarf elder.....
<i>Aralia racemosa</i> .....	Spignet or spikenard.....
<i>Aralia nudicaulis</i> .....	Sarsaparilla .....
<i>Archangelica atropurpurea</i> ....	Angelica .....
<i>Arctium lappa</i> .....	Burdock.....
<i>Aristolochia serpentaria</i> .....	Virginia snake-root.....
<i>Arnica</i> .....	Leopard's bane.....
<i>Artemisia abrotanum</i> .....	Southern wood.....
<i>Artemisia absinthium</i> .....	Wormwood.....

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## G L O S S A R Y.

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- ABDOMEN.** The belly.
- Abortion.** Miscarriage.
- Abortive.** A medicine possessing the power to produce abortion; in botany, flowers which yield imperfect seed.
- Abscess.** A boil, swelling, or tumor containing purulent matter.
- Absorbent.** A medicine or substance which dries or absorbs moisture or fluid, both in the stomach, and in external ulcers; as starch, chalk, magnesia, etc.
- Abstinence.** To abstain; as to fast, or diminish the usual quantity of food.
- Acid.** That which produces a sharp, sour taste; as vinegar, lemons, minerals, etc.
- Acrid.** Biting, pungent, sharp to the taste, or flesh.
- Acrimony.** Corrosive, sharpness; as the acrimony of the humors.
- Acuminate.** Having a long, extended point or termination; as an acuminate leaf.
- Acute.** In botany, sharp pointed; it is opposite to blunt; in pathology, the term properly belongs to diseases which are of short duration, but are usually attended with a great degree of severity.
- Adjunct.** An assistant; added to, or united with.
- Adult.** A person or plant that has arrived to a state of maturity.
- Affection.** A diseased or morbid state of the body; as, a drop-sical affection, neuralgic affection, etc.
- Affinity.** Likeness; similarity; resemblance.
- Ague.** A periodical fever; intermitting fever, or fever and ague.
- Albumen.** The white of an egg; in botany, the substance which forms the principal bulk of some seeds, as coffee, corn, etc.
- Aliment.** Nutriment; food, or any substance which nourishes.
- Alimentary canal.** The tube, or duct, which conveys the food from the mouth through the body.
- Alkalescent.** Possessing alkaline properties in a slight degree.
- Alkali.** That which, mixed with acid, produces fermentation.
- Alterative.** A medicine which has the power of changing or re-establishing the healthy functions of the system, without any perceptible evacuations.
- Alternate.** In botany, leaves are said to be alternate when they put forth at nearly regular spaces from each other around the stem in a straight line; the

- second, or line below, the leaves are placed at the same distance apart, but opposite to those above, or alternately arranged.
- Alternately.** Any thing which comes by turns; as leaves are alternately arranged.
- Alvine.** Belonging to the belly; as alvine discharges from the intestines.
- Amenorrhea.** An obstruction of the menses.
- Amplexicaul.** To surround; to fold; as a leaf clasping or embracing the stem.
- Analagous.** Any thing which bears a resemblance or similarity to another.
- Anasarca.** Dropsy.
- Ancipital.** Two-edged.
- Angular.** A pointed stalk, or one having corners or angles.
- Annually.** Yearly, once a year.
- Annuity.** Any sum of money agreed upon to be paid for a certain number of years, or for a lifetime.
- Anodyne.** A medicine which has the power to lull and ease pain, likewise to stupify the senses and procure sleep.
- Antarthritic.** A medicine which possesses the power of greatly relieving or curing the gout.
- Antemetic.** A medicine calculated to arrest and check vomiting.
- Antephialtic.** A medicine to cure the nightmare.
- Antepileptic.** A cure for epilepsy.
- Anthelmintic.** A remedy for worms.
- Anthers.** In botany, the apex of a flower which is elevated by the filament.
- Anthysteric.** A medicine used against hysterics.
- Antibilious.** A medicine calculated to counteract the overflow of bile.
- Anticachectic.** A medicine having the power to correct an ill habit of body or constitution.
- Anticatarrhal.** A medicine used for catarrh.
- Antidote.** A medicine which removes the effects of poison, or proves a preventive against it.
- Antidysenteric.** A medicine to cure the dysentery.
- Antifebrile.** A medicine which checks, allays, and removes fever.
- Antilithic.** A medicine which is calculated to remove calculus formations.
- Antinephritic.** A remedy for diseases of the kidneys.
- Antiperiodic.** A medicine which has the power of preventing the return of intermittents.
- Antipharmic.** A medicine to resist and counteract poison.
- Antiphlogistic.** Means calculated to lessen or reduce inflammation, as purging, refrigerants, together with very spare and simple form of diet.
- Antipsoric.** Remedy for the itch.
- Antipyrotic.** Remedies used in the cure of burns.
- Antiscorbutic.** A remedy for scurvy.
- Antiscrofulous.** Medicines or other means calculated to remove scrofula.
- Antiseptic.** Medicines which oppose or counteract mortification or a putrescent tendency in the system.
- Antispasmodic.** Medicine which mitigates severe pain unattended with inflammation, relieves spasms, cramps, etc.

- Antistrumous.** The same as antiscrofulous.
- Antisyphilitic.** A medicine given in syphilis or the venereal disease.
- Anus.** That part of the body by which excrement is expelled.
- Aperient.** A medicine which is calculated to gently open the bowels.
- Apthous.** Thrush, or ulcers in the mouth.
- Apoplexy.** A sudden deprivation of sense and voluntary motion.
- Apostume.** An abscess.
- Appendage.** In botany, the seed vessel, or any thing added to the stem or leaf.
- Aquatic.** Applied to plants which grow in the water.
- Aromatic.** In medicine, a drug or plant having a peculiar spicy odor, and a warm, grateful flavor.
- Arterial.** Relating to the arteries.
- Arthritis.** The gout, or inflammation of the small joints. It is considered an hereditary complaint, which sometimes affects the stomach.
- Ascarides.** Intestinal worms.
- Asthenic.** A weak state of body; debility.
- Asthma.** A disease characterized by difficult respiration, recurring in paroxysms, accompanied with a wheezing sound and cough.
- Astrictive.** Styptic; binding.
- Astringent.** A medicine which tends to heal; dry; bind; or cicatrize; as an astringent decoction, or wash.
- Atrophy.** The perishing or wasting away of a limb, from paralysis; or the wasting of any other part of the body.
- Attenuant.** A medicine which acts as a diluent, and possesses the power of making thin the blood, and the fluids or humors of the body; likewise of making the body thin or lean.
- Aura.** An effluvium, or exhalation of a subtle vapor.
- Autumn.** The fall, or the season preceding winter.
- Auxiliaries.** Those means which are calculated to aid and assist.
- Axillary.** In botany, the space or angle formed by a branch with the stem, or by a leaf with the stem or branch.
- Balsamic.** Possessing the properties of balsam, or having a healing quality.
- Base.** The bottom or foot of any thing; as the base of a leaf, or that part which unites it to the stem.
- Biennial.** Applied to plants which exist for two years, merely putting forth leaves the first year, and producing blossoms and seeds the second year.
- Bile.** A bitter, nauseous fluid, of a greenish brown color, secreted by the liver into the gall-bladder, and from thence passes into the intestines, in order to promote digestion.
- Biliary.** Pertaining to bile; as a medicine which removes biliary matter.
- Bipinnate.** Doubly pinnate.
- Bipinnatifid.** In botany, a divided leaf, resembling a wing or feather, or doubly pinnatifid.
- Boil.** A hard, painful, inflammatory swelling, which forms a central core before it suppurates.
- Bronchia.** Pertaining to the windpipe or lungs.

- Bulb. A round root; as the onion has a bulbous root.
- Cachexia. A debilitated and ill-conditioned habit of body, unattended with fever.
- Calculus. Pertaining to gravel complaints.
- Callous. Indurated or hardened; as callous parts of the flesh.
- Calyx. The flower-cup.
- Cantharides. The Spanish fly; used in blisters, by way of plasters.
- Capsule. A dry, hollow vessel, which contains the seeds of plants.
- Cardiac. A medicine which is considered to strengthen the heart, by animating the spirits, etc.
- Cardialgia. Heartburn; a burning, disagreeable sensation in the stomach, accompanied with an inclination to vomit, or a free discharge of very clear, watery fluid.
- Carditis. Inflammation around the heart.
- Carmine. A medicine which alleviates and allays pain in the bowels, and calculated to expel wind.
- Carotids. The arteries which convey the blood to the head.
- Catamenia. Menses.
- Cataplasm. A soft, moist substance; a poultice.
- Cataract. A disease of the eye, by which the vision or sight is partially or entirely destroyed.
- Catarrh. An unusual discharge of mucus from the head or throat.
- Cathartic. A medicine calculated to purge.
- Caulis. A stem which produces flowers as well as leaves.
- Caustic. An application of a substance to flesh which burns, eats, or corrodes.
- Cell. In botany, a hollow place which incloses the seeds.
- Cellular. Composed of small cells.
- Cephalic. A remedy for headache, or other diseases in the head.
- Cerate. An external application called ointment.
- Chalybeate. A medicine composed of water or liquor which has been impregnated with iron, as mineral waters, or chalybeate wine.
- Chest. The part of the body which lies between the neck and abdomen.
- Cholera infantum. A disease peculiar to small children, attended with vomiting.
- Chorea. St. Vitus's dance; this complaint is characterized by singular convulsive motions of the limbs.
- Chronic. A disease of long continuance.
- Chyle. A milk-like fluid separated from the aliment in the intestines.
- Cicatrized. Healed by leaving a slight seam or scar in the flesh.
- Clyster. An injection; a liquid preparation thrown into the rectum by a syringe.
- Colic. A severe gripping pain in the abdomen.
- Collapse. Any thing which falls together.
- Coma. Lethargic disease; stupor or profound sleep.
- Compound. A union of two or more parts or ingredients; as, compound umbels.
- Concave. Hollow; as a plant having a concave stem.

- Confection.** That which is prepared with sugar; as fruit, flowers, or roots.
- Confluent.** Eruptions which run together, similar to small-pox.
- Congener.** In botany, plants which are nearly allied; thus we say, a plant of the same genus, or possessing the same properties.
- Congestion.** A collection of unnatural blood in any particular part of the body.
- Conglobate.** A hard, ball-shaped substance; pertaining to the glands.
- Conglutinate.** To unite; a tenacious substance.
- Conserve.** Confection.
- Constipated.** A sluggish state of the bowels.
- Contorted.** In botany, a twisted coral which has the edge overlapping the next.
- Contracted.** Shrunk; shortened, or drawn together.
- Contusion.** A bruise, injury, or wound.
- Convalescence.** A recovery from sickness or debility.
- Convex.** In form somewhat round on the exterior surface.
- Cordate.** Heart-shaped; as a cordate leaf.
- Cordial.** A warming medicine calculated to animate the spirits; and has been considered, likewise, to strengthen the heart.
- Coriaceous.** Resembling leather; hard; stiff; as, a coriaceous capsule, calyx or leaf.
- Cornea.** A hard substance; applied to a membrane of the eye.
- Corolla.** In botany, that which usually incloses the parts of fructification.
- Corroboration.** A medicine which has the power to impart strength.
- Cortical.** External; pertaining to the bark of trees, covering of the brain, etc.
- Coryza.** Influenza; catarrh or a cold in the head.
- Counter-irritation.** This is produced internally by purgatives; externally by stimulating applications; as, mustard plasters, liniments; caustic; issues, etc.
- Crenulate.** The edge of any thing which is cut into very small notches, or scallops.
- Cruciate.** In botany, a flower presenting a cross-like appearance.
- Cruciform.** After the manner of cruciate.
- Cutaneous.** Pertaining to the skin; as, cutaneous eruptions.
- Cuticle.** The thin skin covering a pustule or blister.
- Debility.** Weakness; loss of strength or power.
- Deciduous.** In botany, leaves which fall when nipped by the frost; as a deciduous plant.
- Decoction.** A drink made by boiling any substance or herbs in water.
- Defluxion.** A running of humors or matter, consequent on inflammation.
- Deglutition.** The faculty of swallowing.
- Delirium.** Insanity; craziness; mania.
- Demulcent.** A medicine calculated to reduce irritation; a soft, soothing substance.
- Dentate.** Toothed or notched on the edges; as dentate leaves.
- Dentifrice.** A substance formed into powder, used for cleansing the teeth.

- Dentition. The cutting of teeth in infants.
- Deobstruent. A medicine which possesses the power to remove obstructions.
- Depletion. The various forms of evacuation; as blood-letting, emetics, purgatives, blisters, etc.
- Detergent. A medicine which possesses the power of removing obstructions, and cleansing any part of the body of foul matter.
- Diabetes. An immoderate flow or great quantity of saccharine urine.
- Diaphoretic. A medicine which possesses the power to promote insensible perspiration, or discharges from the skin.
- Diaphragm. The muscle which divides the chest from the abdomen.
- Diarrhea. A looseness or laxity of the bowels, attended with slight griping, but without fever.
- Digitate. In botany, a digitate leaf is one which is divided into a number of separate leaflets, resembling fingers.
- Diluent. To make thin or reduce the strength of; as to add water to wine.
- Discutient. Any external or internal preparation which has the power to resolve and dissipate morbid matter, or tumors in the body.
- Disk. The surface of a leaf, or the central part of a compound flower; in speaking of a leaf we say the inferior disk.
- Dislocation. Any violence causing displacement of a limb.
- Diuretic. A medicine which has the power to promote the flow of urine.
- Drain. Issue; a slow, gradual discharge.
- Drastic. A medicine which acts powerfully; as a drastic emetic or cathartic.
- Draught. Fluid in quantity about a mouthful; an ounce, or a dose.
- Dropsy. A preternatural accumulation of water in any part of the body.
- Duct. A vessel of the body; a canal or tube; thus the biliary duct.
- Dysmenorrhea. Menstruation which is attended with extreme suffering.
- Dysopsia. Imperfect vision.
- Dyspepsia. Difficult or imperfect digestion.
- Dyspnoea. Short, difficult breathing. It is usually a chronic disease.
- Dysuria. A partial obstruction in discharging urine, accompanied with burning pain.
- Ebullition. Liquid agitated by heat, which produces bubbles.
- Effluvium. The disagreeable odor or smell, inhaled from plants, vegetable substances, or diseased bodies.
- Eject. To evacuate or discharge; as to eject from the stomach by vomiting.
- Electuary. A preparation of medicine which we chiefly term confection.
- Emesis. Vomiting; the act of ejecting from the stomach by the mouth.
- Emetic. A medicine which has the power of exciting vomiting.
- Emmenagogue. A medicine calculated to promote the menstrual discharges.
- Emollient. A medicine which

has the power to soften and relax the part to which it is applied; likewise to alleviate pain, swelling, and inflammation.	Fetid. Having a disagreeable or offensive odor.
<b>Empyema.</b> An accumulation of purulent matter in the cavity of the thorax.	Fibre. A fine thready substance in animal or vegetable bodies.
<b>Emunctories.</b> The excretory ducts, or any part of the body which are employed to carry off matter, as the skin and kidneys.	Fistula. A deep-seated hollow ulcer.
<b>Emulsion.</b> A medicine which is soft and greasy, and yet resembling milk. A combination of ingredients.	Flaccidity. Softness; weakness; want of firmness.
<b>Enema.</b> An injection or clyster; they are administered for the purpose of emptying the bowels.	Flatulence. Wind generated in the stomach, occasioning pain.
<b>Enteritis.</b> Inflammation of the intestinal canal.	Flatus. Wind.
<b>Ephemera.</b> A short fever, which is of one day's duration.	Floret. A small flower; a portion of a compound flower.
<b>Epidemic.</b> A disease which is generally prevalent, and affects very many persons.	Floriferous. Producing or bearing flowers.
<b>Epigastrium.</b> Pertaining to the part near the stomach.	Fomentation. An application of flannels to any part of the body which have been dipped in hot water or medicated decoctions.
<b>Epilepsy.</b> Fits; falling sickness.	Friction. The act of rubbing the body with any thing, in order to promote a glow.
<b>Epispastic.</b> A remedy which is externally applied to irritate the skin and produce a blister.	Frond. A term chiefly applicable to the leaves of ferns and lichens.
<b>Exanthematous.</b> A breaking out on the skin; an eruptive fever, as rash, small-pox, measles, ect.	Fructification. Applied to the flowers and fruit of a plant.
<b>Excoriation.</b> An abrasion of the skin; a chafing, or galling.	Fungus. Proud flesh.
<b>Expectorant.</b> A medicine which promotes spitting.	Galactopoietic. A medicine calculated to increase the flow of milk.
<b>Fauces.</b> The back part of the mouth.	Gall. Bile.
<b>Febrifuge.</b> A medicine which has the power to allay or remove fever.	Gangrene. Mortification.
<b>Febrile.</b> Pertaining to fever.	Gargle. A medicated liquid for washing the mouth and throat.
	Gastric. Pertaining to the stomach.
	Gesticulation. The act of making gestures in speaking.
	Gland. A soft body; a secretory organ.
	Glandular. Pertaining to the glands.
	Glutinous. Tenacious; sticky, gluey.
	Goitre. A swelling or tumor

- which makes its appearance on the fore part of the neck.
- Gout.** A chronic disease, which makes its appearance in the great toe or joints.
- Gutta serana.** A disease of the eye, accompanied with partial or total loss of sight.
- Heartburn.** Waterbrash.
- Hectic.** A fever which is attended with debility and night sweats.
- Hemicrania.** An intermittent, nervous pain which affects one side of the head.
- Hemoptoe.** Spitting of blood.
- Hemorrhage.** Bleeding, or a discharge of blood from any of the vessels.
- Hemorrhoids.** Piles.
- Hepatitis.** Pain in the right side, and inflammation of the liver.
- Hepatic.** Pertaining to the liver.
- Herbaceous.** Possessing the nature of an herb; the herbaceous stem is one which is not hard or woody.
- Hernia.** Rupture.
- Herpes.** Cutaneous diseases, as tetter; ring-worms, etc.
- Herpes zoster.** Shingles.
- Herpetic.** Disease of the skin; pertaining to herpes.
- Hydragogue.** A medicine that produces watery discharges.
- Hydrocephalus.** Dropsy of the head.
- Hydropic.** Swelling caused by an accumulation of water.
- Hydrothorax.** Dropsy of the chest.
- Hygienic.** Pertaining to health.
- Hypochondria.** A disease that is attended with dejection of mind, lowness of spirits or melancholy.
- Hysterics.** A disease of the womb, which occasions nervousness, or fits.
- Iliac.** A bad form of colic that takes place in the lower part of the abdomen.
- Ill-conditioned.** Unhealthy, diseased; being in a bad state.
- Imposthume.** An abscess; an accumulation of purulent matter.
- Incision.** A cut made by a sharp instrument.
- Indicated.** The manner or course pointed out; a course to be pursued in the cure of disease.
- Indigenous.** A native, or born in a country; or, that which is peculiar to a country; as, diseases or plants.
- Indigestion.** Dyspepsia.
- Indurated.** Hardened.
- Infarction.** Constipation.
- Infection.** Contagion.
- Inflammation.** An increased action of a part, manifested by heat, arterial action, or fever.
- Inflated.** Swelled; distended.
- Inflorescence.** A flowering; or, the opening of blossoms.
- Influenza.** An epidemic cold or catarrh.
- Infusion.** A tea which is made without boiling; as, steeping.
- Interim.** The time intervening, or between.
- Intermission.** A cessation, or temporary pause, or the interval which occurs between the paroxysms of a disease.
- Intermittent.** A disease which entirely ceases for a certain length of time, as fever and ague.
- Irritation.** The act of exciting or reddening the skin or flesh.
- Issue.** A small sore, made in

- some part of the body by caustic, to promote discharges.
- Ligament.** To unite, bind, or tie one bone or part to another.
- Ligature.** That which ties or binds to prevent hemorrhage.
- Ligneous.** Woody.
- Linear.** In botany, a leaf which is long and narrow, having the same width throughout except at the termination; in a straight direction.
- Liniment.** A composition softer and thinner than ointment.
- Lithontryptic.** Medicine which possesses the power to resolve and remove calculous concretions.
- Lobed.** A leaf which is cut into segments or jags.
- Loins.** The lumbar region of the back.
- Lotion.** A wash.
- Lubricating.** That which is soft and slippery.
- Lumbago.** A rheumatic complaint in the small of the back or in the region of the loins.
- Lymphatic.** Vessels that carry or convey colorless fluid or lymph.
- Lyrate.** Lyre-shaped.
- Macerating.** The act of infusing, with or without heat, in order to extract the virtues of plants.
- Malaria.** An impure air which has a tendency to produce disease.
- Malignant.** A term applied to fevers of a malignant character, or local diseases; as, cancers, virulent ulcers, etc.
- Mastication.** The act of chewing.
- Maturant.** A medicine or application to an inflamed part which has the power to promote suppuration.
- Maturity. That which is fully developed.
- Medicament.** A medicine or application which has the power to heal.
- Menses.** } The monthly  
**Menstruation.** } courses.
- Miasmata.** The effluvia of decaying or putrefying bodies floating in the air.
- Monopetalous.** Having one petal, or one flower leaf.
- Morbid.** Unsound; diseased.
- Mortification.** A part which becomes entirely dead.
- Mucilage.** A substance that is of a shining, slimy, gummy nature.
- Mucus.** A slimy fluid discharged from the nose, lungs, etc.
- Multifid.** A leaf or coral divided into many parts.
- Narcotic.** A medicine that has the power to allay pain and produce sleep; but in overdoses often produces convulsions and coma.
- Nausea.** Sickness at the stomach, with an inclination to vomit without effecting it.
- Nauseant.** A medicine that has the power to produce nausea, and reduce arterial action; as small doses of lobelia, ipecacuanha, etc.
- Nephritis.** An inflammation or disease of the kidneys.
- Nervine.** A medicine that is calculated to act upon the nerves.
- Nervous.** Irritable; fretful; tremulous.
- Neuralgia.** Pain in one side of the face and head; it sometimes, however, is experienced in various parts of the body.
- Nightmare.** Incubus. Frightful dreams; distressing sensations

during sleep, and the subject is unable to speak though constantly endeavoring to do so.	Peduncle. The stalk that supports the flower as well as the fruit of a plant.
<b>Node.</b> A hard, circumscribed tumor. In botany, the joint of a plant that has a small elevation.	Pendulous. Pendant, hanging down.
<b>Noxious.</b> Injurious, hurtful, pernicious.	Pentapetalous. A five petaled flower.
<b>Nutant.</b> Nodding or drooping.	Perennial. In botany, a plant or root which survives or continues to exist more than two years.
<b>Obesity.</b> Fatness.	Pericardium. The membrane surrounding the heart.
<b>Obtund.</b> To dull, to blunt; to reduce the acrimony of the humors.	Pericarp. The seed vessel of a plant.
<b>Obtuse.</b> Blunt, not sharp; as, a leaf that is obtusely terminated.	Peripneumony. Inflammation of the lungs.
<b>Odor.</b> Scent; perfume; smell.	Petal. A flower leaf.
<b>Officinal.</b> Drugs or medicines kept in drug stores, which receive the assent of physicians.	Petchiæ. The spots which appear on the skin in malignant fevers, resembling flea bites.
<b>Oleraceous.</b> Plant or herb adapted to cookery.	Petiole. Leaves which are supplied with a stalk.
<b>Opacity.</b> Dimness, obscurity, want of transparency; as, opacity of the cornea.	Phlegm. Thick, white, transparent mucus.
<b>Opaque.</b> Dark, obscure.	Phlegmatic. A cold, sluggish, inactive temperament.
<b>Ophthalmia.</b> Inflammation or disease of the eye.	Phlogistic. Inflammatory, or that state which is attended with arterial action.
<b>Opiate.</b> A narcotic; a medicine which produces sleep.	Phthisis. A pulmonary complaint or consumption.
<b>Optic.</b> Pertaining to the vision or sight.	Pinnate. A winged leaf or one which has several leaflets proceeding laterally from one stalk.
<b>Organic.</b> Pertaining to an organ or organization.	Pituitous. Viscid mucus. As pituitous matter.
<b>Otorrhœa.</b> A purulent discharge from the ear.	Plethoric. The state in which the vessels are overcharged with fluid or blood.
<b>Ovate.</b> Egg-shaped; as, an ovate leaf.	Pleurisy. Inflammation of the pleura, which is attended with pain and fever.
<b>Paroxysm.</b> A periodical form of disease. The symptoms of a disease which may last longer or shorter.	Pneumonia. Inflammation of the lungs.
<b>Pectoral.</b> A medicine that has the power to relieve diseases of the chest and lungs.	Polypus. A tumor which is usually narrow at first, and
<b>Pedicle.</b> A small stalk that supports one flower only.	

- afterwards grows wider, in the form of a pear.
- Præcordia.** The region in front of the heart.
- Prolapsus.** Falling.
- Prolapsus uteri.** Falling of the womb.
- Prophylactic.** A medicine calculated to guard against or prevent disease.
- Protuberant.** Swelling, as a protuberant joint.
- Ptyalism.** Salivation.
- Pubescence.** The hairs, or soft downy substance of leaves and stalks.
- Pulmonary.** Pertaining to the lungs.
- Pungent.** Sharp, biting, pungent.
- Purgative.** A medicine which produces intestinal discharge.
- Purulent.** Of the nature of pus or matter.
- Pustule.** A small purple swelling.
- Putrefaction.** Corruption, rottenness.
- Putrid.** Pertaining to putrefaction.
- Quartan.** An intermittent ague ; that which occurs every fourth day.
- Quinsy.** Sore throat.
- Quotidian.** A daily fever.
- Radicle.** A small root or fibre of a root.
- Ramification.** The manner of branching or producing boughs of a tree.
- Rarefied.** Any thing that is made thin, less compact, or less dense.
- Recumbent.** A reclining or leaning posture.
- Redundancy.** Excess, or superabundance; as the redundancy of the bile.
- Refrigerant.** A medicine that has the power of cooling and allaying the heat of the body or of the blood.
- Remittent.** Applied to diseases which abate in violence for a time without any entire intermission.
- Repellent.** A medicine that has the power to drive back morbid humors into the mass of the blood, as a discutient.
- Repletion.** The act of filling the body with food.
- Resolvent.** A medicine that has the power to resolve or dissolve vitiated humors.
- Respiration.** The act of breathing.
- Resuscitation.** Reviving.
- Retina.** The organ of vision.
- Rheum.** Any mucous discharge.
- Rootlet.** A small root.
- Rubefacient.** An external application, which, when left to remain on the skin a certain length of time, induces redness without blistering.
- Sanative.** A medicine which heals, or proves curative in diseases.
- Sanguine.** Abounding with blood ; plethoric.
- Scape.** A stalk that rises from the root, producing a flower or fruit at its summit, but no leaves ; as, in the dandelion.
- Schirrus.** A hard or indolent tumor in its incipient stage, but which finally terminates in a cancerous affection.
- Scorbutic.** Affected with the scurvy.
- Secretory.** Vessels or organs which separate peculiar fluid or substance from the blood.
- Sedative.** A medicine that is calculated to allay pain and arterial action.

- Sedentary.** Accustomed to sit much, or pass most of the time in a sitting posture.
- Sepal.** The divisions of the calyx are called sepals.
- Serous.** Of a watery nature; pertaining to serum.
- Serrated.** Having the edge jagged, or divided into teeth like those of a saw; as, a serrate leaf.
- Serum.** The thin, watery part of milk, or of the blood.
- Sessile.** In botany, a leaf or any part of a plant which is placed on the main stem without any footstalk.
- Seton.** A seton is produced by having a green silk thread drawn with a needle through the flesh, and turned daily, in order to keep up a constant irritation and discharge.
- Sialogogue.** A medicine which produces an unusual flow of saliva or spittle.
- Sinapism.** A mustard poultice.
- Sinuated.** A sinuate leaf is one whose sides or margins are waved or hollowed out, resembling bays, as in the oak.
- Solids.** The membranes, ligaments, bones, muscles, nerves, etc.
- Soluble.** Any thing that is capable of being dissolved.
- Solution.** A liquid containing some substance in a dissolved state.
- Solvent.** Any fluid that has the power of dissolving.
- Soporific.** Any thing that has the power of inducing sleep.
- Spasm.** Cramp; convulsion.
- Spasmodic.** Pertaining to cramp or convulsion.
- Spathe.** In botany, a sheath or covering opening lengthwise on one side which may inclose the flower or fruit.
- Specific.** An infallible remedy.
- Spine.** Back bone; in botany, any plant or stalk which is armed with spines or thorns.
- Spleen.** The milt; a spongy viscus, placed in the left side.
- Sternutatory.** A substance that has the power to promote sneezing.
- Stertorous.** Snoring, or a loud, deep sound in respiration.
- Stimulant.** A medicine which has the power to excite the energy or action of the system.
- Stipule.** A leafy appendage situated at the base of leaves or petioles.
- Stomachic.** A medicine which is calculated to excite and strengthen the action of the stomach.
- Stringent.** A medicine possessing a binding quality.
- Strumous.** Scrofulous affection; pertaining to struma.
- Stupor.** A suspension of sensibility.
- Styptic.** A medicine which has the power to arrest and restrain bleeding.
- Sub.** This word is designed to express an imperfect state or quality.
- Sub-acid.** Moderately acid or sour.
- Sub-acrid.** Moderately pungent or acrid.
- Sub-acute.** Acute in a moderate degree.
- Sub-cutaneous.** Pertaining to a disease situated under the skin.
- Sub-saline.** Saline or salt in a moderate degree.
- Sudorific.** A medicine that has the power to promote perspiration or sweat.

- Suffruticose. Plants that are somewhat woody or shrubby, as sage, thyme, etc.
- Suppuration. The process by which pus is formed in an inflamed part.
- Symptomatic. That which is the symptom of an affection.
- Syncope. Fainting; swooning.
- Synocha. Inflammatory fever.
- Synovial. Pertaining to the fluid of the joints.
- Temperament. A peculiar habit of body.
- Tendon. The white cord or shining extremity of a muscle.
- Tendrils. Weak creeping vines or plants, which are supplied with claspers to wind round adjacent bodies for the purpose of support.
- Tenesmus. A constant desire to go to stool without a discharge, accompanied by pain.
- Tension. The state of being extended or stretched.
- Tent. A roll of linen or lint placed in the opening of an ulcer.
- Terminal. Extreme; situated at the end, as terminal spikes.
- Ternate. Three together, as the leaves of clover.
- Tertian. A fever that returns every other day; as, fever and ague.
- Tetrapetalous. Having four petals.
- Thorax. The chest.
- Thrum. The thread-like internal parts of flowers; the stamens.
- Tonics. Medicines which have the power to impart vigor or strength to the system.
- Topical. Medicines which are externally applied to any particular part are called topical.
- Tormina. Gripes.
- Torpid. Dull; inactive.
- Torpor. A numbness; inactivity; applied to the state of the body which has lost all power of feeling and motion.
- Trachea. The windpipe.
- Triennial. That which exists three years; every third year.
- Trifoliate. Having three leaves.
- Trilobed. Three lobed.
- Tripinnate. Triply pinnate.
- Tubercles. Small, hard tumors, knots or lumps.
- Tumefaction. A transient swelling.
- Tumid. Protuberance; swelling; enlarged.
- Tumor. A morbid swelling or enlargement in any particular part.
- Turbid. Muddy, dirty.
- Turgid. Swelled; bloated; distended.
- Umbel. Flowers in form resembling an umbrella; as, the parsnip, fennel, etc.
- Umbelliferous. Plants are so called which have umbels.
- Ureter. A tube conveying the urine from the kidneys to the bladder.
- Uterine. Belonging to the womb.
- Uterus. The womb.
- Uvula. A small, spongy substance hanging over the root of the tongue.
- Valve. In botany, the divisions of the fruit.
- Vascular. Belonging to the vessels of animal or vegetable bodies.
- Verjuice. The acid liquor pressed from green grapes or apples.
- Vermifuge. A medicine that has the power to expel worms.
- Verticillate. The flowers which

grow around the stem in whorls or rings one above another at each joint, are called verticilate flowers.	Virus. Poisonous, contagious matter.
Vertigo. Dizziness; giddiness.	Viscera. The intestines; the internal organs of the body.
Vesication. Blistering.	Viscid. Glutinous; sticky.
Vesicatory. That which possesses the power to raise a blister.	Viscous. Tenaceous; adhesive; sticky.
Vesicle. A small elevation of the cuticle, or bladder-like tumor, containing a transparent watery fluid.	Volatile. That which is capable of wasting away suddenly from exposure to the air.
Vesicular. Having the appearance of vesicles.	Vulnerary. Any plant, drug, or composition which aids the healing of wounds.
Virulent. Poisonous; pertaining to virus.	Whorl. Flowers or leaves which surround the stem in a ring nearly on the same plane is called a whorl.

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